


	Monday 6/28	Tuesday 6/29	Wednesday 6/30	Thursday 7/1	Friday 7/2	Saturday 7/3	Sunday 7/4
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.dance/i/4ea51b2a		Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/4ce54531	Recorded Zumba (Daniella) (6:00a.m for 24 hours) https://www.zumba.dance/i/93914b9b STUDENT CODE: 1EFEF8	Yoga (Stacy) (8:30am – 930am) Meeting ID: 836 0011 4352 Passcode: yoga	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/8bffc169 STUDENT CODE: 1EFEF8 Recorded Zumba (Daniela) (6:00a.m for 24 hours) https://www.zumba.dance/i/26d9d97e STUDENT CODE: 9F413F	Recorded Zumba Strong (Daniela) (6am for 24 hours) https://www.zumba.dance/i/419cf3b9 STUDENT CODE: 9F413F
7am		Stretch and Mobility (Stephanie) (7am) Meeting ID: 810 9697 2674 Passcode: 338903		Stretch and Mobility (Stephanie) (7am) Meeting ID: 810 9697 2674 Passcode: 338903			
10am		HIITCamp (Stephanie) (10am.) Meeting ID: 835 5864 6991 Password: 782316		HIITCamp (Stephanie) (10am) Meeting ID: 835 5864 6991 Password: 782316			Yoga (Tanya) (10:00 – 11:00) Meeting ID: 829 4621 8484 Passcode: 817122
11am						Yoga (Maureen) 10:30am – 11:30am Meeting ID: 629 053 8503 Passcode: breath108	Zumba (Deandra) (11:00a.m.-12:00p.m.) Meeting ID: 823 0241 8108 Passcode: salsa
3pm			Yoga (Stacy) (3:45-4:45) Meeting ID: 836 0011 4352 Passcode: yoga				
4:30pm	Seated Yoga (Holly) (4:30-5:30) No class today Email wellness@mcpsmd.org to register	Yoga, Pilates, Meditation (Tanya) (4:30- 5:30) Meeting ID: 832 2842 8649 Passcode: 472470	Zumba (Koni) 4:30pm Meeting ID: 623 779 5788 Passcode: Wellness21 Seated Yoga (Holly) (4:30-5:30) No class today Email wellness@mcpsmd.org to register		Zumba (Shay) (4:30- 5:30) Meeting ID: 865 2900 6728 Passcode: 485666		

5pm				Yoga (Kim) 5:00pm – 6:15pm https://us02web.zoom.us/j/82799199168?pwd=dHJkck1rOVVFRFQ2JmMzJ2UjBJZ1JGQT09 passcode: 867031			
5:30pm	Zumba Toning (Ingrid) (5:30p.m. – 6:30p.m.) Meeting ID: 390 916 801 Password: 463642	Zumba (Ingrid) (5:30p.m. – 6:30p.m.) Meeting ID: 865 5702 5302 Password: 962349					
6:00pm		Core and More (Maricel) (6:00 – 7:00) Meeting ID: 812 3149 2851 Passcode: FIT2021		Tai Chi (Manifest) (6:00 – 7:00) Meeting ID: 246 797 1735 Password: 816826	Zumba (Maricel) (6:00 – 7:00) Meeting ID: 812 3149 2851 Passcode: FIT2021		
6:30pm		Gentle Yoga and Meditation (Kristin) (6:30pm-7:30pm) Meeting ID: 814 6339 7953 Passcode: zen					
7pm			Zumba (Ingrid) (7:00p.m. – 8:00p.m.) Meeting ID: 914 549 067 Password: 162663				

Yoga (Recorded)

<https://vimeo.com/568125732/93dd714282> (June 28 – July 4)

(Please use Chrome)

Recommended and optional props:

- Yoga Mat
- Folded blanket to sit on
- 2 blocks (can also use tall soup cans, filled shoebox, or book stacks)
- strap (belt, 2 shoelaces or neckties tied together, rope)
- Comfortable exercise clothes (anything that allows for full range of movement)
- Essential oils in a diffuser or incense (aromatherapy reminds us to take deep breaths!)