

WELL AWARE APRIL 2024 CALENDAR OF CLASSES

	Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3	Saturday 5/4	Sunday 5/5	
6am	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/0195afbb-023d-4289-a324-dc782836605e">https://www.zumba.com/class_detail/index/0195afbb-023d-4289-a324-dc782836605e</a> Pass code: 61a54b	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/69f4d9f6-c634-4574-af01-bea9a5afc33a">https://www.zumba.com/class_detail/index/69f4d9f6-c634-4574-af01-bea9a5afc33a</a> Pass code: 33fc45	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/ef052c4e-5f66-4040-89fd-24ca73d85733">https://www.zumba.com/class_detail/index/ef052c4e-5f66-4040-89fd-24ca73d85733</a> Pass code:cd649c	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/d7089f91-c0eb-4fc6-a3e9-a5395a3ca921">https://www.zumba.com/class_detail/index/d7089f91-c0eb-4fc6-a3e9-a5395a3ca921</a> Pass code: c91d2f		<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) Class Link Pass code: f7e54e <b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) Class link Pass code: cc6cf1	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/e80c20fc-aeda-457c-8ca7-808b46226731">https://www.zumba.com/class_detail/index/e80c20fc-aeda-457c-8ca7-808b46226731</a> Pass code: a683b6	
8am	<b>To Register for Recorded Zumba Classes:</b> ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class					<b>Playful Vinyasa Flow &amp; Morning Meditation 8am (Jeanne)</b> <a href="#">Click here to watch a recorded class.</a>	<b>Yoga (Maureen) 8am</b> <a href="https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09">https://us02web.zoom.us/j/6290538503?pwd=T0dKUTQyeTFhZDRPYmtoRVBPYVltdz09</a> Meeting ID: 629 053 8503 Passcode: breath108	
10am							<b>Yoga (Tanya) (10:00 – 11:00)</b> <a href="https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1THRFOE5iNDdVQT09">https://us02web.zoom.us/j/82946218484?pwd=WjZaQ1h5RGc2Wxc1THRFOE5iNDdVQT09</a> Meeting ID: 829 4621 8484 Passcode: 817122	
11am/12pm							<b>Zumba (Deandra) (11:00a.m.-12:00p.m.)</b> <a href="https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTTVaUT09">https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTTVaUT09</a> Meeting ID: 823 0241 8108 Passcode: salsa	
3pm/4pm		<b>Zumba (Meghan) (4:20pm)</b> Flora Singer ES	<b>Zumba (Angie) (3pm)</b> Quince Orchard HS Room 102	<b>Zumba (Meghan) (3:45pm)</b> A Mario Loiederman MS <b>Yoga (Stacy) (4:00pm-4:45pm)</b> <a href="#">Zoom link</a> Meeting ID: 836 0011 4352 Passcode: yoga <b>Zumba (Daniela) (4:00pm)</b> Little Bennett Elementary School Gym	<b>Yoga (Amani) (3pm)</b> Wootton HS Cafeteria/Virtually <a href="#">Click here</a> Meeting ID: 880 6870 5366 Passcode: 003543	<b>Zumba (Angie) (3pm)</b> Quince Orchard HS Room 102	<b>Yoga (Stacy) (2:50pm)</b> Springbrook High School Dance Studio	Looking for a class? Check out <b>Wellbeats</b> for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a>
4:30pm	<b>Low Impact Strength (Stephanie) 4:30pm</b> <a href="#">Zoom Link</a>	<b>Zumba (Daniela) (4:30pm)</b> Cabin Branch Elementary School Gym		<b>Low Impact Strength (Stephanie) 4:30pm</b> <a href="#">Zoom Link</a> Meeting ID: 862 7860 3430 Passcode: 520980	<b>Zumba (Meghan) (4:20pm)</b> Burnt Mills ES		Looking for a class? Check out <b>Wellbeats</b> for 1000s of hours of exercise and wellness classes! <a href="#">Click here</a>	

	Meeting ID: 862 7860 3430 Passcode: 520980		<b>Seated Yoga (Holly)</b> 4:30pm Email <a href="mailto:wellness@mcpsmd.org">wellness@mcpsmd.org</a> to register				
5pm/ 5:15pm	<b>MCPS MINDFUL MONDAYS</b> (Carrie) Every Monday, except holidays 5:15-6:00 PM <a href="#">ZOOM Link</a> Meeting ID: 829 8043 4434 Passcode: 96683	<b>Yoga, Pilates, Meditation (Tanya)</b> 5:00PM <a href="#">Class Link</a> Meeting ID: 843 9734 0648 Passcode: 527557		<b>Yoga (Kim)</b> (5:15pm) <a href="#">Click link</a> Meeting ID: 819 2330 3925 Passcode: 734173	<b>Barre (Tanya)</b> 5:00pm <a href="https://us02web.zoom.us/j/82589560014?pwd=NGxiaFJ3Y0YzExHlM1pmWkhMK2hFdz09">https://us02web.zoom.us/j/82589560014?pwd=NGxiaFJ3Y0YzExHlM1pmWkhMK2hFdz09</a> Meeting ID: 825 8956 0014 Passcode: 099163		
	<b>Yoga (Kim)</b> (5:15pm) <a href="#">Click link</a> Meeting ID: 819 2330 3925 Passcode: 734173						
5:30pm	<b>Core &amp; More (Maricel)</b> 530pm <a href="#">Click here</a> <b>NEW TIME</b> Meeting ID: 865 6079 2901 Passcode: FIT2024						
6/6:30 pm	<b>Zumba Toning (Ingrid)</b> (6:30p.m. – 7:30p.m.) Meeting ID: 390 916 801 Password: 463642	<b>Tai Chi (Manifest)</b> (6:00 – 7:00) <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826	<b>Gentle Yoga and Meditation (Kristin)</b> (6:30pm-7:30pm) <a href="#">Zoom Link</a> Meeting ID: 898 6747 0750 Passcode: zen	<b>Zumba (Tania)</b> 6:00pm <a href="#">Class Link</a> Meeting ID: 771 1085 3673 Passcode: vuNOrM	<b>Tai Chi (Manifest)</b> (6:00 – 7:00) <a href="#">Class link</a> Meeting ID: 246 797 1735 Password: 816826		
7/8pm	<b>Total Body Conditioning (Tanya)</b> (7pm) <a href="#">Class Link</a> Meeting ID: 870 7489 4911 Passcode: 653129	<b>Zumba (Ingrid)</b> 7:00pm Meeting ID: 865 5702 5302 Password: 962349	<b>Restorative Yoga &amp; Yoga Nidra (Jeanne) (8pm)</b> <a href="https://meet.google.com/ytd-abyr-bsz">https://meet.google.com/ytd-abyr-bsz</a> Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		<b>Zumba (Ingrid)</b> 7:00pm Meeting ID: 914 549 067 Password: 162663		

**Yoga with Maureen (Recorded) Stream Anytime!**

**Yoga (Recorded)** <https://vimeo.com/921489660/8fc5b6e374?share=copy>

(4/29– 5/5)

(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)

**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!)

**Pilates/Yoga/Meditation (Recorded) Stream Anytime 4/29 – 5/5!**

[Week of 4.29.24 Pilates, Yoga & Meditation.mp4](#)

**Chair Yoga (Recorded) Stream Anytime 4/29 – 5/5!**

[Week of 4.29.24 Chair Yoga.mp4](#)

**Total Body Conditioning (Recorded) Stream Anytime 4/29 – 5/5!**

[Week of 4.29.24 Total Body Conditioning.mp4](#)