

WELL AWARE MAY 2024 CALENDAR OF CLASSES

	Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17	Saturday 5/18	Sunday 5/19
6am	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/acde95bd-7b31-4413-8f8b-94f0fe3b356d">https://www.zumba.com/class_detail/index/acde95bd-7b31-4413-8f8b-94f0fe3b356d</a> Pass code:6d56c7	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/fa52f6f6-7f21-4365-ade8-41b485299e76">https://www.zumba.com/class_detail/index/fa52f6f6-7f21-4365-ade8-41b485299e76</a> Pass code:37573c	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/dbeb650b-1351-4d52-80e5-fe5b8cb604a5">https://www.zumba.com/class_detail/index/dbeb650b-1351-4d52-80e5-fe5b8cb604a5</a> Pass code: f54875	<b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) <a href="https://www.zumba.com/class_detail/index/2fb57f22-9c76-4962-b3c7-19e8cdce1e3e">https://www.zumba.com/class_detail/index/2fb57f22-9c76-4962-b3c7-19e8cdce1e3e</a> Pass code: 35fa4c		<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) Class Link Pass code: a4ddef <b>Recorded Zumba (Daniela)</b> (6:00a.m for 24 hours) Class link Passcode:a4ddef	<b>Recorded Zumba Strong (Daniela)</b> (6am for 24 hours) <a href="https://www.zumba.com/class_detail/index/a13b1f07-56fe-4855-9cb5-6fcbdd6c06ee">https://www.zumba.com/class_detail/index/a13b1f07-56fe-4855-9cb5-6fcbdd6c06ee</a> Pass code: e81b32
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=dGg1ZUpTUnBYRjByMVArRDZVTVaU09">https://us02web.zoom.us/j/82302418108?pwd=dGg1ZUpTUnBYRjByMVArRDZVTVaU09</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>Yoga (Stacy) (3:00pm-3:45pm) Springbrook Dance Studio and Virtual</b> <a href="#">Zoom link</a> Meeting ID: 836 0011 4352 Passcode: yoga <b>Zumba (Meghan) (3:45pm)</b> A Mario Loiederman MS <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 ES	<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>



**Chair Yoga (Recorded) Stream Anytime 5/13 – 5/19!**

[Week of 5.13.24 Chair Yoga Recording.mp4](#)

**Total Body Conditioning (Recorded) Stream Anytime 5/13 – 5/19!**

[Week of 5.13.24 Total Body Conditioning.mp4](#)