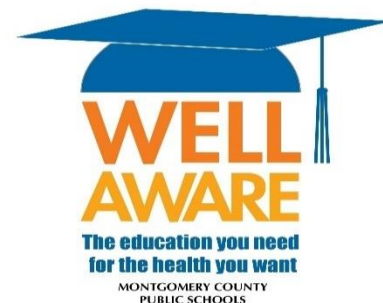


WELL AWARE SEPTEMBER 2025 CALENDAR OF CLASSES

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2	Friday 10/3	Saturday 10/4	Sunday 10/5
6am	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: 3241ce To Register for Recorded Zumba Classes: ** Click Register ** Click Pay (don't worry it is free) ** Add code for free class	Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class Link Pass code: 82f2b2	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 98816c	Recorded Zumba (Daniella) (6:00a.m for 24 hours) Class Link Pass code: c89b6b		Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass Code: 9ed254 Recorded Zumba (Daniela) (6:00a.m for 24 hours) Class link Class Code: 367e41	Recorded Zumba Strong (Daniela) (6am for 24 hours) Class Link Pass code: 3326c7
7am/8am	Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1309293/?lesson=1797432		Recorded Low Impact Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1522612/?lesson=2817669		Morning Meditation and Flow (Jeanne) 730am https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#		
9am/10am					Recorded Strength (Stephanie) https://dreamfittrainingandwellnessllc.mvsite.app/products/units/view/1669914	Yoga (Maureen) 9am Class Link Meeting ID: 629 053 8503 Passcode: breath108	Yoga (Tanya) 10:00 – 11:00 Class Link Meeting ID: 829 4621 8484 Passcode: 817122
11am-345pm		Cardio and Resistance: 2:30pm (Mary) JFK High School Dance Studio Starting 10/7	Yoga 2:45pm (Amy) Springbrook HS Yoga Studio Yoga: 2:50pm (Stacy) Einstein HS Rm 181 Yoga 3:00pm (Amani) Wootton HS Cafeteria Participate Virtually! Click here	Yoga: 3:15pm (Stacy) Tilden MS			
4pm/4:30pm	Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 822 7091 1564 Passcode: 952119	Yoga: 4pm (Stacy) Montgomery Knolls Rm 147 Zumba: (Daniela) 4pm Little Bennett ES Zumba: 4:20pm (Meghan) Flora Singer ES	Zumba: (Daniela) 4pm Wilson Wims ES Zumba: 4:30pm (Meghan) Glenallen ES Ignite Dancefit 4:30pm (Priya) College Gardens ES Gym 10/1, 10/15, 10/29 (Gym door front parking lot) Seated Yoga (Holly) 4:30pm Class Link Meeting ID: 876 3642 6982 Passcode: 484646	Zumba Strong: (Daniela) 4pm Snowden Farm ES			Looking for a class? Check out Wellbeats for 1000s of hours of exercise and wellness classes! Click here
5pm 5:15pm 5:30pm	Mindful Mondays (Carrie) 5:15pm ZOOM Link ID: 829 8043 4434 Passcode: 966834 Call In: 301-715-8592	Yoga, Pilates, Meditation (Tanya) 5:00PM Class Link Meeting ID: 843 9734 0648 Passcode: 527557		Core & More (Maricel) 5:30pm Click here Meeting ID: 865 6079 2901 Passcode: FIT2024	Feel Good Friday Stretch (Tanya) 5:00pm Class Link Meeting ID: 825 8956 0014 Passcode: 099163		

	Yoga (Kim) 530pm Click link Passcode739213 Meeting ID 880 9830 8621			Yoga (Kim) 530pm Click link Passcode739213 Meeting ID 880 9830 8621			
6/6:30 pm	Total Body Conditioning (Tanya) 6pm Class Link Meeting ID: 870 7489 4911 Passcode: 653129	Tai Chi (Manifest) 6:00 – 7:00 Class link Meeting ID: 246 797 1735 Password: 816826	Gentle Yoga /Meditation (Kristin) 6:30pm-7:30pm Zoom Link Meeting ID: 898 6747 0750 Passcode: zen	Tai Chi (Manifest) 6:00 – 7:00 Class link Meeting ID: 246 797 1735 Password: 816826			
7/8pm	Zumba Toning (Ingrid) 7pm Meeting ID: 390 916 801 Password: 463642	Zumba (Ingrid) 7pm Meeting ID: 865 5702 5302 Password: 962349 Restorative Yoga & Yoga Nidra (Jeanne) (8pm) https://meet.google.com/ytd-abyr-bsz Or dial: (US) +1 240-587-5791 PIN: 353 053 561#	Zumba (Deandra) 7:00pm Class Link Meeting ID: 898 5778 0491 Passcode: Party Starting 10/1	Zumba (Ingrid) 7:00pm Meeting ID: 914 549 067 Password: 162663			
Yoga (Recorded) Stream Anytime 9/29/2025 – 10/5/2025 https://vimeo.com/1118358955/eb6ff3a372?ts=0&share=copy (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)				Pilates/Yoga/Meditation (Recorded) Stream Anytime 9/29/2025 – 10/5/2025 https://drive.google.com/file/d/1UTrLdITU-Yp4EiqPAJO0qNA4OprXYkqi/view?usp=share_link			
Mindfulness: Gentle Stretches/Mindful Moment (Spanish) https://drive.google.com/file/d/1Ww53Sz6PN0qLuNKtAwP_y9YD-6ol2X94/view (Copy and paste into browser) Stream Anytime 9/29/2025 – 10/5/2025				Chair Yoga (Recorded) Stream Anytime Stream Anytime 9/29/2025 – 10/5/2025 https://drive.google.com/file/d/1-J6f6QW4VXS8-vBrKeBsdBhJGEN1Wqgn/view?usp=share_link			
				Total Body Conditioning (Recorded) Stream Anytime 9/29/2025 – 10/5/2025 https://drive.google.com/file/d/1JTkBaSPHW4RTD-2Mwwis6tlkFh5-477c/view?usp=share_link			
				DreamFIT Class Vault (Total Body Conditioning)			
				Restorative and Vinyasa Yoga Practices from Jeanne			
				Mindful Mondays Weekly Recordings			

What is Ignite Dancefit?

Ignite Dancefit is a music-driven dance fitness class that incorporates moves from various styles like Latin, Hip Hop, and African dance, along with elements of boxing and aerobics. It's designed for all fitness levels and offers a fun, cardio-focused workout. The classes are choreographed to upbeat music and often include optional weighted gloves for an added challenge.