

Virtual Wellness Classes for Week of March 30-April 4

These complimentary programs are available on Zoom. Click the link to join.
New to Zoom? Get it at <https://zoom.us/>.



MONDAY

- 9 a.m. EST: Daily Meditation and Tips for Emotional Well-being, <https://baptisthealth.zoom.us/j/884307855>
- 12:30 p.m. EST: Stretch & Breathe, <https://baptisthealth.zoom.us/j/912397318>
- 2 p.m. EST: Stretch & Relax, <https://baptisthealth.zoom.us/j/791758352>
- 4 p.m. EST: Strong by Zumba®, <https://baptisthealth.zoom.us/j/972626374>
- 5:30 p.m. EST: Zumba®, <https://baptisthealth.zoom.us/j/234014971>
- 7 p.m. EST: Grocery to Table, Meals Made Simple at Home, <https://baptisthealth.zoom.us/j/511698223>

TUESDAY

- 8:30 a.m. EST: Yin Yoga, <https://baptisthealth.zoom.us/j/811938444>
- 10 a.m. EST: Families of First Responders: Managing Anxiety during Quarantine, <https://baptisthealth.zoom.us/j/620933337>
- 12 noon EST: Get the Facts on the New Nutrition Label, <https://baptisthealth.zoom.us/j/638922312>
- 1:30 p.m. EST: Daily Meditation and Tips for Emotional Well-being, <https://baptisthealth.zoom.us/j/666037158>
- 3:00 p.m. EST: Line Dancing, <https://baptisthealth.zoom.us/j/725426094>
- 5:30 p.m. EST: Yoga, <https://baptisthealth.zoom.us/j/780179925>
- 7 p.m. EST: Mindful Movement & Stories for Kids (30 min.), <https://baptisthealth.zoom.us/j/160029373>

WEDNESDAY

- 10 a.m. EST: Zumba® Sentao (Chair Zumba®), <https://baptisthealth.zoom.us/j/312772894>
- 12 noon EST: 19 Ways to Self-care, <https://baptisthealth.zoom.us/j/708203138>
- 1:30 p.m. EST: Boot Camp, <https://baptisthealth.zoom.us/j/795845326>
- 3 p.m. EST: Virtual Meditación y Consejos para el Bienestar Emocional, <https://baptisthealth.zoom.us/j/344984048>
- 5:30 p.m. EST: Electric Stretch, <https://baptisthealth.zoom.us/j/304125949>
- 7:30 p.m. EST: Daily Meditation and Tips for Emotional Well-being, <https://baptisthealth.zoom.us/j/857451934>

THURSDAY

- 9 a.m. EST: Yoga, <https://baptisthealth.zoom.us/j/541227357>
- 10:30 a.m. EST: Zumba® + Tone, <https://baptisthealth.zoom.us/j/414599319>
- 12 noon EST: Boot Camp, <https://baptisthealth.zoom.us/j/581569930>
- 1 p.m. EST: Positive Psychiatry and Mindfulness, <https://baptisthealth.zoom.us/j/174740981>
- 3 p.m. EST: Three Tips for Mindful Eating, <https://baptisthealth.zoom.us/j/927067325>
- 5:30 p.m. EST: Daily Meditation and Tips for Emotional Well-being, <https://baptisthealth.zoom.us/j/868170266>
- 6:30 p.m. EST: Kids Yoga, <https://baptisthealth.zoom.us/j/545554719>

FRIDAY

- 9 a.m. EST: Daily Meditation and Tips for Emotional Well-being, <https://baptisthealth.zoom.us/j/661504212>
- 10 a.m. EST: Zumba®, <https://baptisthealth.zoom.us/j/926723201>
- 11:30 a.m. EST: Chair Strength, <https://baptisthealth.zoom.us/j/831464605>
- 12:30 p.m. EST, (SPANISH) Supporting your Immune System through Nutrition, <https://baptisthealth.zoom.us/j/394650862>
- 6:30 p.m. EST: Zumba®, <https://baptisthealth.zoom.us/j/108601378>

SATURDAY

- 8:30 a.m. EST: Zumba®, <https://baptisthealth.zoom.us/j/614261760>
- 10 a.m. EST: Yoga with your Pup, <https://baptisthealth.zoom.us/j/329234965>
- 11:30 a.m. EST: Mindful Movement & Craft for Kids, <https://baptisthealth.zoom.us/j/898723673>

