

Virtual Community Health Classes Week of April 6-11

These complimentary programs are available on Zoom in Eastern Standard Time (EST). See webinar IDs below. Get it at <https://zoom.us/>.



For additional event information, please visit [Events.BaptistHealth.net](https://www.Events.BaptistHealth.net), type “virtual” in the search box, then click on “more information”.

MONDAY

- 8:30 a.m. Cardio + Chair Strength ID: 789 547 871
- 9 a.m. Meditation and Emotional Well-Being ID: 766 431 863
- 12:30 p.m. Stretch & Breathe ID: 637 846 883
- 2 p.m. Stretch & Relax ID: 859 400 165
- 4 p.m. Strong by Zumba® ID: 900 118 849
- 5:30 p.m. Zumba® ID: 232 142 841
- 7 p.m. Grocery to Table, Meals made Simple at Home ID: 373 297 825

TUESDAY

- 8:30 a.m. Yin Yoga ID: 998 544 509
- 10 a.m. Emotional Well-Being for Active Older Adults ID: 907-334-870
- 12 noon Tai Chi ID: 897 813 285
- 1:30 p.m. Meditation and Emotional Well-Being ID: 178 365 124
- 3 p.m. Line Dancing ID: 955 527 628
- 5:30 p.m. Yoga ID: 762 535 652
- 7 p.m. Mindful Movement + Stories for Kids ID: 131 166 937
- 7:30 p.m. 5 Principles for Healthy Eating ID: 345 848 462

WEDNESDAY

- 8:30 a.m. Zumba® Gold ID: 494 315 554
- 10 a.m. 5 Principios para una Alimentación Saludable ID: 761 273 802
- 12:30 p.m. Boot Camp ID: 489 466 607
- 3 p.m. Meditación y Bienestar Emocional (en Español) ID: 775 475 157
- 4:30 p.m. Healthy Body, Healthy Mind for Kids ID: 536 750 177
- 6 p.m. Wellness Wednesday: Zumba® ID: 337 116 312
- 7:30 p.m. Meditation and Emotional Well-Being ID: 342 777 640

THURSDAY

- 8:30 a.m. Cardio Strength ID: 881 309 446
- 9:00 a.m. Yoga ID: 205 699 829
- 11:30 a.m. Stroke in the Covid-19 Era: Prevention, Treatment, and Patient Safety ID: 533 360 673
- 1 p.m. Dealing with the Roller Coaster of Emotions ID: 466 613 503
- 2 p.m. Zumba® ID: 531 117 952
- 3 p.m. Supporting Your Immune System through Nutrition ID: 832 049 830
- 4:30 p.m. Boot Camp ID: 727 388 121
- 5:30 p.m. Meditation and Emotional Well-Being ID: 362 579 859
- 6:30 p.m. Electric Stretch ID: 622 998 131
- 7:30 p.m. Basics and Benefits of Physical Activity ID: 922 715 679

FRIDAY

- 8:30 a.m. Stretch ID: 826 498 589
- 9 a.m. Meditation and Emotional Well-Being ID: 412 301 176
- 10 a.m. Diabetes and Nutrition ID: 326 477 966
- 11 a.m. Pilates ID: 369 444 548
- 12:30 p.m. Zumba® ID: 548 435 723
- 6:30 p.m. Zumba® Healthy Hour ID: 786 031 189

SATURDAY

- 11 a.m. Yoga with your Pup ID: 853 311 660
- 12 noon Mind Body Social Mindful Movement + Craft for Kids ID: 784 254 046
- 12:30 p.m. Keeping You and Your Pet Emotionally Well ID: 648 782 208
- 1:30 p.m. Zumba® + Toning ID: 299 702 253

