VIRTUAL COMMUNITY *Health Classes*

WEEK OF JULY 6-11

These complimentary programs are available on Zoom in Eastern Standard Time (EST). Download the Zoom app at Zoom.us.

For more information, please visit **Events.BaptistHealth.net** or email Programs@BaptistHealth.net.

Use the password: zoom (lowercase letters) to join Virtual Community Health Classes. Classes are subject to change without notice.





MONDAY, JULY 6

No classes in observance of Independence Day.

TUESDAY, JULY 7

8 a.m. | ID: 936 9339 9933
Cardio Strong

8:30 a.m. | ID: 953 9401 2878
Chair Aerobics and Strength

9 a.m. | ID: 927 8213 8009
15 Minutes to Refresh and Recharge

9:30 a.m. | ID: 969 3186 4775
Full Body Toning

10:30 a.m. | ID: 931 0677 1410
What to Eat When You Are Expecting

10:30 a.m. | ID: 998 9530 5676
Cardio Sculpt

11:30 a.m. | ID: 954 7359 2500
Osteoarthritis: Diagnosis, Treatment and Prevention

12 noon | ID: 959 0349 9378
Tai Chi

1 p.m. | ID: 993 0688 7261
Zumba®

1:30 p.m. | ID: 945 0886 2475
Meditation and Stretch

3:30 p.m. | ID: 957 3272 2990
Barre

3:30 p.m. | ID: 961 6038 9957
Movement for Kids

4 p.m. | ID: 976 6776 7315
Strong by Zumba®

5 p.m. | ID: 930 1934 8357
Yoga With Bayfront Park

6 p.m. | ID: 959 6624 1251
Yoga

7 p.m. | ID: 960 9664 3922
Zumba®

WEDNESDAY, JULY 8

8:30 a.m. | ID: 993 4403 5127
Zumba® Gold

9:30 a.m. | ID: 935 3788 4059
Meditation and Stretch

10 a.m. | ID: 915 2957 6749
Understanding the Nutrition Facts Label

10:30 a.m. | ID: 979 6235 6635
Zumba® Sentao

11:30 a.m. | ID: 966 8201 1469
Tai Chi

12:30 p.m. | ID: 932 2770 7317
Mind Over Muscle: Progressive Muscle Relaxation Meditation

12:30 p.m. | ID: 998 2486 4803
Belly Dance Healthy Hour

2 p.m. | ID: 934 1908 7641
Dance Aerobics and Strength

3 p.m. | ID: 989 3395 7107
Meditación y Consejos para el Bienestar Emocional

3:30 p.m. | ID: 991 2527 5676
Barre

4 p.m. | ID: 942 5010 6572
5 Razones y Consejos para Reducir el Azúcar

4:30 p.m. | ID: 950 1404 2229
15 Minutes to Refresh and Recharge

5 p.m. | ID: 993 5408 4560
Stretch and Relax

6 p.m. | ID: 972 8943 0247
Sarcoma Awareness Month: Bone Health During COVID-19

6 p.m. | ID: 947 9021 2485
Wellness Wednesday: Fitness

7 p.m. | ID: 994 3147 2486
Vinyasa Yoga

THURSDAY, JULY 9

8 a.m. | ID: 978 7120 5151
Cardio Burn

8:30 a.m. | ID: 962 0534 8712
Core and Stretch

9 a.m. | ID: 923 8879 5032
Yoga

10 a.m. | ID: 950 4923 3416
15 Minutes to Refresh and Recharge

10:30 a.m. | ID: 983 4434 2313
Total Body Sculpt

11:30 a.m. | ID: 993 3869 9953
How Do You Know if Your Colon Is Healthy?

12 noon | ID: 943 6126 4539
Tai Chi

12:30 p.m. | ID: 999 0175 0976
Ask the Psychiatrist: Medication for Depression and Anxiety

1:30 p.m. | ID: 980 3344 1897
Meditation and Tips for Emotional Well-Being

2 p.m. | ID: 927 8807 0931
Zumba®

3 p.m. | ID: 951 6755 5067
How to Build a Healthy Plate

5 p.m. | ID: 943 4077 8343
Yoga With Bayfront Park

6 p.m. | ID: 941 7287 9442
HIIT Workout

7 p.m. | ID: 985 2499 5293
Pilates

FRIDAY, JULY 10

8:30 a.m. | ID: 922 5200 7944
Cardio Strength

9:30 a.m. | ID: 958 5802 1530
Meditation and Tips for Emotional Well-Being

10 a.m. | ID: 989 6485 0335
Pilates

11 a.m. | ID: 960 8430 3593
Tai Chi

11 a.m. | ID: 993 5097 4387
Tengo Prediabetes. ¿Qué puedo comer?

12 noon | ID: 948 8262 1789
Yoga Lunch Hour De-stress

12:30 p.m. | ID: 999 6342 0774
Zumba®

2:30 p.m. | ID: 996 6487 0114
15 Minutes to Refresh and Recharge

4 p.m. | ID: 943 1095 9601
Zumba® and Core

SATURDAY, JULY 11

9 a.m. | ID: 948 0722 1986
Zumba®

10 a.m. | ID: 958 9165 1864
Yoga With The Underline

11:30 a.m. | ID: 964 2393 5630
Tai Chi

1:30 p.m. | ID: 998 1830 4673
Zumba® Toning

MIND BODY SOCIAL | Baptist Health | LIVE HEALTHY *at home*