WEEK OF JULY 13-18

VIRTUAL COMMUNITY *Health Classes*

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 13

8:30 a.m. | ID: 998 9413 5244
Chair Aerobics + Strength

9 a.m. | ID: 976 0480 2895
Zumba® Gold

9:30 a.m. | ID: 987 3269 1404
Meditation and Tips for Emotional Well-Being

10:30 a.m. | ID: 965 8135 6192
Cardio Sculpt

10:30 a.m. | ID: 993 7809 6762
Let's Talk About Hope: Looking Up When You're Feeling Down

11 a.m. | ID: 981 3177 0222
Vinyasa Yoga With Yoga Journey

12 noon | ID: 932 1309 6343
Tai Chi

12:30 p.m. | ID: 956 9581 8467
Stretch and Breathe

1 p.m. | ID: 935 6125 7996
15 Minutes to Refresh and Recharge

2 p.m. | ID: 958 5247 5758
Stretch and Relax

3 p.m. | ID: 924 8551 2915
Yoga

5 p.m. | ID: 954 6890 7642
Pilates

6 p.m. | ID: 953 7579 7341
Zumba®

6 p.m. | ID: 910 3956 9995
Bone-A-Fied! Ask the Experts

7 p.m. | ID: 964 5396 7304
Yin Yoga

TUESDAY, JULY 14

8 a.m. | ID: 979 5752 8814
Cardio Strong

8:30 a.m. | ID: 918 8146 0879
Chair Aerobics + Strength

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

9:30 a.m. | ID: 975 5041 2079
Full Body Toning

10:30 a.m. | ID: 974 5960 3705
Stretch and Relax

10:30 a.m. | ID: 931 0677 1410
Postpartum Anxiety and Depression

11:30 a.m. | ID: 984 4296 0041
Beat Osteoporosis

12 noon | ID: 956 5374 9266
Tai Chi

1 p.m. | ID: 925 3802 2110
Zumba®

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

2 p.m. | ID: 915 6090 0503
Understanding Organic and GMO Labels

3:30 p.m. | ID: 988 2837 1477
Barre

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

4 p.m. | ID: 983 1717 6946
Strong by Zumba®

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

6 p.m. | ID: 943 9418 0442
Yoga

7 p.m. | ID: 955 9897 1118
Zumba®

WEDNESDAY, JULY 15

8:30 a.m. | ID: 935 5929 9104
Zumba® Gold

9:30 a.m. | ID: 979 9779 5485
Meditation and Stretch

10 a.m. | ID: 931 3645 0061
Cómo Comer Conscientemente

10:30 a.m. | ID: 983 7271 8667
Zumba® Sentao

11:30 a.m. | ID: 971 2664 8177
Tai Chi

12:30 p.m. | ID: 975 0177 8250
Belly Dance Healthy Hour

12:30 p.m. | ID: 951 0163 2359
Glass Half Empty or Half Full? Changing Our Perspectives

1:30 p.m. | ID: 939 6607 1108
Navigating the Addiction Treatment World

2 p.m. | ID: 912 4950 4401
Dance Aerobics and Strength

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

3:30 p.m. | ID: 986 2185 4280
Barre

4 p.m. | ID: 922 0150 3037
Just Do It: Tips to Improve Your Athletic Performance

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

5 p.m. | ID: 973 2773 0456
Stretch and Relax

6 p.m. | ID: 933 5329 9510
Wellness Wednesday: Fitness

7 p.m. | ID: 912 3700 7410
Vinyasa Yoga

THURSDAY, JULY 16

8 a.m. | ID: 916 1790 1212
Cardio Burn

8:30 a.m. | ID: 916 7489 1376
Core + Stretch

9 a.m. | ID: 955 2725 2242
Yoga

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

10:30 a.m. | ID: 924 4952 2582
Total Body Sculpt

12 noon | ID: 974 2999 3526
Tai Chi

12:30 p.m. | ID: 999 0175 0976
Ask the Psychiatrist: What Is ADHD?

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

2 p.m. | ID: 932 2852 3788
Zumba®

2 p.m. | ID: 993 6143 2415
Know Your Farmer, Know Your Food

3 p.m. | ID: 976 8083 9831
Dietary Fats: Get the Facts

3:30 p.m. | ID: 975 8157 5709
Mindful Movement + Story Time

4:30 p.m. | ID: 962 3889 8964
Breast Health 101

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

5 p.m. | ID: 976 8852 8653
A Bite with Chef Eddie

6 p.m. | ID: 920 7222 5154
HIIT Workout

7 p.m. | ID: 961 9546 9218
Pilates

FRIDAY, JULY 17

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: 990 0940 7980
Pilates

11 a.m. | ID: 953 0718 0399
Managing Diabetes: Monitoring, Medications and Meals

11 a.m. | ID: 936 7191 9166
Tai Chi

12 noon | ID: 941 1153 7113
Yoga Lunch Hour De-stress

12:30 p.m. | ID: 948 8158 8903
Zumba®

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

4 p.m. | ID: 940 4263 2943
Zumba®

SATURDAY, JULY 18

9 a.m. | ID: 936 5351 3311
Zumba

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

11:30 a.m. | ID: 910 5438 2157
Tai Chi

1:30 p.m. | ID: 967 2529 6629
Zumba® Toning

MIND BODY SOCIAL | Baptist Health | LIVE HEALTHY at home