WEEK OF AUGUST 10-15

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, AUGUST 10

8:30 a.m. | ID: 959 7398 2545
Chair Aerobics and Strength

9 a.m. | ID: 942 0430 2353
Zumba® Gold

9:30 a.m. | ID: 995 6911 8934
Meditation and Tips for Emotional Well-being

10 a.m. | ID: 992 7738 2938
Aging Gracefully: Exercise and You

10 a.m. | ID: 976 0442 7496
Vinyasa Yoga with Yoga Journey

10:30 a.m. | ID: 947 8770 9726 Discovering Meaning in a Pandemic

10:30 a.m. | ID: 987 3664 3218
Cardio Sculpt

12 noon | ID: 928 9316 8486
Updates on Breast Health

12 noon | ID: 969 1054 4520
Tai Chi

12:30 p.m. | ID: 960 7279 6742
Stretch and Breathe

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

3 p.m. | ID: 931 5233 0448
Aging Well: Eating Right to Feel Your Best

3 p.m. | ID: 988 0545 0116
Gentle Martial Arts

3 p.m. | ID: 919 6959 3654
Barre

4 p.m. | ID: 910 9041 7321
Stretch and Relax

5 p.m. | ID: 984 3356 6078
Pilates

6 p.m. | ID: 997 9885 7409
Zumba®

7 p.m. | ID: 920 9912 7641
Yin Yoga

TUESDAY, AUGUST 11

8 a.m. | ID: 971 7611 3162
Cardio Strong

8:30 a.m. | ID: 935 0467 5939
Chair Aerobics and Strength

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

9:30 a.m. | ID: 989 3801 5551
Full Body Toning

10:30 a.m. | ID: 931 0677 1410
Baby Basics

10:30 a.m. | ID: 919 7899 9475
Stretch and Relax

12 noon | ID: 929 9979 5852
Tai Chi

12 noon | ID: 954 4054 5991
Positive Psychiatry and Pregnancy

1 p.m. | ID: 915 1075 5874
Zumba®

1:30 p.m. | ID: 935 8510 2048
Meditation and Stretch

2 p.m. | ID: 997 1205 7860
Celebrity Chef Workshop: Summer Vibes

3 p.m. | ID: 952 7141 8292
How to Grow Your Pineapple

3:30 p.m. | ID: 955 7968 5141
Barre

4 p.m. | ID: 991 3172 5168
Strong by Zumba®

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

6 p.m. | ID: 930 9850 5683
Yoga

7 p.m. | ID: 965 1181 7795
Zumba®

WEDNESDAY, AUGUST 12

8:30 a.m. | ID: 980 4386 7928
Zumba® Gold

9:30 a.m. | ID: 980 0670 2773
Meditation and Stretch

10 a.m. | ID: 944 1659 1676
Dietary Fats: Get the Facts

10:30 a.m. | ID: 950 8664 2132
Zumba® Sentao

11:30 a.m. | ID: 987 2270 5658
Tai Chi

12 noon | ID: 920 8063 4480
The Real Scoop on Diabetes Meal Planning

12:30 p.m. | ID: 989 7480 2038
Belly Dance Healthy Hour

12:30 p.m. | ID: 940 6472 1699
Calmer Through Coloring

1 p.m. | ID: 918 0043 4978
Yoga

1:30 p.m. | ID: 939 8853 3625
Sleep Well, Stay Healthy

2 p.m. | ID: 931 9028 4931
Dance Aerobics and Strength

3 p.m. | ID: 963 1401 0203
Meditación y Consejos para el Bienestar Emocional

3:30 p.m. | ID: 963 3995 6472
Barre

4 p.m. | ID: 930 2592 7037
Tips to Feed Your Picky Eater

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

5 p.m. | ID: 985 0854 7196
Stretch and Relax

6 p.m. | ID: 988 9219 4725
Wellness Wednesdays: Fitness

7 p.m. | ID: 979 6268 4480
Vinyasa Yoga

THURSDAY, AUGUST 13

8 a.m. | ID: 975 2068 6099
Cardio Burn

8:30 a.m. | ID: 947 5742 0662
Core and Stretch

9 a.m. | ID: 977 7905 5351
Yoga

9:30 a.m. | ID: 952 1984 3264
The Healing Power of Listening

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

10:30 a.m. | ID: 922 3371 3079
Total Body Sculpt

12 noon | ID: 978 6552 3770
Tai Chi

12 noon | ID: 910 5769 5845
Summer Series: Skin Safety

12:30 p.m. | ID: 978 7702 4818
Ask the Psychiatrist: Anxiety and Sleep

1:30 p.m. | ID: 925 0929 1510
Meditation and Tips for Emotional Well-being

2 p.m. | ID: 995 4413 1648
Zumba®

3 p.m. | ID: 982 4022 9314
Foods that Support Your Immune System

3:30 p.m. | ID: 919 7338 6519
Barre

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

6 p.m. | ID: 996 1296 4469
HIIT Workout

7 p.m. | ID: 944 8514 5526
Pilates

FRIDAY, AUGUST 14

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

9:30 a.m. | ID: 983 9727 0417
Meditation and Tips for Emotional Well-being

10 a.m. | ID: 966 6526 7262
Pilates

11 a.m. | ID: 979 4115 2411
¿Qué puedo comer si tengo diabetes?

11 a.m. | ID: 999 7503 4592
Tai Chi

12 noon | ID: 960 5334 6424
Yoga Lunch Hour De-Stress

12:30 p.m. | ID: 918 8679 1748
Zumba®

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

3 p.m. | ID: 977 8467 7375
Gentle Martial Arts

4 p.m. | ID: 954 7230 2016
Zumba®

SATURDAY, AUGUST 15

9 a.m. | ID: 924 8903 6799
Zumba®

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

11:30 a.m. | ID: 932 4482 3139
Tai Chi

1:30 p.m. | ID: 988 8643 8553
Zumba® Toning

MIND BODY SOCIAL | Baptist Health | LIVE HEALTHY at home