

Virtual Community Health Classes Week of April 13-18

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



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

MONDAY

- 8:30 a.m. Chair Aerobics + Strength, ID: 782 011 426
- 9:30 a.m. Meditation and Tips for Emotional Well-Being, ID: 653 985 979
- 10:30 a.m. Kickboxing Aerobics, ID: 348 956 476
- 12:30 p.m. Stretch & Breathe, ID: 396 229 732
- 2 p.m. Stretch and Relax, ID: 421 047 669
- 3 p.m. Nutrición para Fortalecer tu Sistema Immune, ID: 574 683 896
- 4 p.m. Strong by Zumba®, ID: 219 268 872
- 5:30 p.m. Zumba®, ID: 448 694 588
- 7 p.m. Grocery to Table, Meals Made Simple at Home, ID: 485 723 001

TUESDAY

- 8:30 a.m. Yin Yoga, ID: 302 005 404
- 10:30 a.m. Cardio Sculpt, ID: 359 295 145
- 12 noon, Tai-Chi, ID: 140 403 492
- 1:30 p.m. Meditation and Tips for Emotional Well-Being, ID: 945 080 019
- 3 p.m. Healthy Body, Healthy Mind for Kids, ID: 885 294 575
- 4 p.m. Line Dancing, ID: 608 370 251
- 5:30 p.m. Yoga, ID: 322 494 894
- 7 p.m. Mindful Movement and Stories for Kids, ID: 604 964 357
- 7 p.m. Eating Smart for a Healthy Heart, ID: 442 846 222

WEDNESDAY

- 8:30 a.m. Zumba® Gold, ID: 865 402 236
- 9:30 a.m. Meditation and Tips for Emotional Well-Being, ID: 167 943 089
- 10:30 a.m. Zumba® Sentao, ID: 526 477 371
- 12:30 p.m. Como Comer Conscientemente en Tiempos de Estres, ID: 924 754 268
- 1:30 p.m. COVID-19 and Immune Dysfunction ID: 813 117 956
- 3 p.m. Meditación y Consejos para el Bienestar Emocional, ID: 120 172 915
- 4 p.m. Cardio Pump, ID: 230 730 695
- 6 p.m. Wellness Wednesday Fitness, ID: 464 702 376

THURSDAY

- 8:30 a.m. Cardio Strength, ID: 737 615 955
- 9 a.m. Yoga, ID: 768 916 924
- 10:30 a.m. Hip Hop with Miami Dance City, ID: 160 101 966
- 12 noon, Tai-Chi, ID: 517 845 709
- 1 p.m. Emotionally Supporting Yourself and Loved Ones, ID: 690 392 706
- 1:30 p.m. Meditation and Tips for Emotional Well-Being, ID: 255 168 670
- 2 p.m. Zumba®, ID 974 371 430
- 3 p.m. Mindfulness: Is it Hunger or Anxiety? ID: 287 841 060
- 4:30 p.m. Boot Camp, ID: 860 432 489
- 6:30 p.m. HIIT Workout, ID: 689 611 691
- 7:30 p.m. Nutrition and Physical Activity, ID: 916 517 011

FRIDAY

- 8:30 a.m. Dance Aerobics + Strength, ID: 987 109 128
- 9:30 a.m. Meditation and Tips for Emotional Well-Being, ID: 764 194 277
- 10 a.m. Pilates, ID: 490 889 922
- 11 a.m. Diabetes y Nutrición, ID: 798 537 139
- 12:30 p.m. Zumba®, ID: 463 127 294
- 6:30 p.m. Belly Dance Healthy Hour, ID: 746 820 363

SATURDAY

- 10 a.m. Yoga, ID: 333 505 826
- 11:30 a.m. Mindful Movement + Crafts for Kids, ID: 172 434 843
- 1:30 p.m. Zumba® + Tone, ID: 240 807 953

