The ZSFG Community Wellness Center is offering the following 30 minutes WOW classes and 15 minutes stretches from HSS

NOTE: IT WOULD HELP THE INSTRUCTORS IF YOU COULD LEAVE YOUR VIDEO ON. THANKS!

MONDAY

Restorative Yoga by Mireia at 10:00 (Bilingual Spanish)
Join Zoom Meeting
https://us02web.zoom.us/j/83234031043?pwd=SUDjenlOOHpsTXVDcDJkL2JLNWZQZz09
Meeting ID: 832 3403 1043
Passcode: YMChair

Strength Training by Hassan at 12:00 PM
Join Zoom Meeting
https://us02web.zoom.us/j/99636064248?pwd=VmdCbU1TdU84ejIgSUJMMzNLMFRxQT09
Meeting ID: 996 3606 4248
Password: hassan1

Soul Line Dancing by Patricia Lowe at 4:00
Topic: CHOCOLATE PLATINUM SOUL LINE DANCE CLASS DANCE PARTY
(Virtual Line Dance Class for Health & Wellness)
Join Zoom Meeting
https://us04web.zoom.us/j/220292294?pwd=eFlZZEpOVnBmOW5CMWpwaGhoRnVjUT09
Meeting ID: 220 292 294
Password: 672544

TUESDAY

YM Flow Yoga by Mireia at
10:00AM, 75 Min
(Bilingual Spanish)
Join Zoom Meeting
https://us04web.zoom.us/j/74342913386?pwd=SlJaUkF5cVNTTTNkSUE5S1F1d1JMdz09
Meeting ID: 743 4291 3386
Password: YMFlow

Core Strength by Hassan at 1:00
Join Zoom Meeting
https://us02web.zoom.us/j/81072516405?pwd=NkMvejFlcWVGaXBM50pVMHRxSDdLZz09
Meeting ID: 810 7251 6405
Passcode: 415415
Food Smarts Cooking Demo on 06-14-2022 at 1:15
Join Zoom Meeting
https://us02web.zoom.us/j/87284370007?pwd=YkwxRVhjV3J0SERVdG9iajV5K0s5dz09
Meeting ID: 872 8467 0007
Passcode: 657181

WEDNESDAY

Feldenkrais by Kwan Wong at 11:00AM
(Bilingual Chinese)
Register in advance for this meeting:
https://zoom.us/meeting/register/vJIpc-muqzMsGAOTQV1X-9a_9qnlv1T_0A
After registering, you will receive a confirmation email containing information about joining the meeting.

Hatha Yoga by Hiromi at 12:00PM
Join Zoom Meeting
Link: https://us02web.zoom.us/j/86093917425?pwd=dERUdkVBb0N6bDgwdlNQZGYySW1Sdz09
Meeting ID: 860 9391 7425
Password: 619168

Chair, Stretch, & Boogie by Cynthia at 3:30
Join Zoom Meeting
https://us04web.zoom.us/j/73748895128?pwd=OEhaNXFnOVd1ZDBCQVFhNmhSWFl3Zz09
Meeting ID: 737 4889 5128
Password: 8vJqwZ

THURSDAY

Bollywood By Uma at 12:00 (CANCELLED)
Join Zoom Meeting
https://us05web.zoom.us/j/85722579022?pwd=NVNSa0RQV1ZWTEpFRlhkTVIYdEJPUT09
Meeting ID: 857 2257 9022
Passcode: f40NwW

Zoom Cooking Demo by Catherine
On 05-27-2022 at 12:00
Join Zoom Meeting
https://us02web.zoom.us/j/83597106103?pwd=T0hLU1IRYk9RRW9pWkF1VVlxQUdYZZ09
Meeting ID: 835 9710 6103
Passcode: 655675
Qi Gong & Meditation by Elvia at 2:00PM
Join Zoom Meeting
https://us04web.zoom.us/j/73301954620
Meeting ID: 733 0195 4620
Passcode: 21Qigong

Hatha Yoga by Hiromi at 10:00PM
Join Zoom Meeting
Link: https://us02web.zoom.us/j/81670772521?pwd=M0ZrQnJEN1OUH1RY1g1Rk9UTExHQT09
Meeting ID: 816 7077 2521
Password: 919517

FRIDAY

Zumba by Ana at 12:00PM  (Bilingual Spanish)
Join Zoom Meeting https://zoom.us/j/9180558644?pwd=c0NtalBYRGc4Z3RsZFRoQUhpeUI0dz09
Meeting ID: 918 0558 6644
Passcode: zfriday

SATURDAY

Family Zumba by Ana at 10:30 AM  (Bilingual Spanish)
Join Zoom Meeting https://zoom.us/j/97476935200?pwd=NDVwY01KUkoyQlJweExOWUNSaEMzQT09
Meeting ID: 974 7693 5200
Passcode: zumbana

SUNDAY

Bollywood by Uma at 2:00 PM  (CANCELLED)
Join Zoom Meeting https://us05web.zoom.us/j/85722579022?pwd=NVNSa0RQv1ZWTepFRIhkTVIYdEJPUT09
Meeting ID: 857 2257 9022
Passcode: f40NwW

EVERYDAY

Cooking Demo with Catherine at Anytime
Facebook: ZSFG Community Wellness Program
15 MINUTES STRETCHES & MOVEMENTS FROM HSS

On Demand Physical Activity Resources at the desk:
- Virgin Pulse - Roll the Dice For an Exercise Break
- 5 minute office yoga (with chair)
- 5 minute office yoga (with chair) closed captions
- 5 minute yoga at your desk
- 10 minute yoga Standup and Stretch

Youtube options for streaming on the virtual display boards:
- Fitblender 5 minute stretch
- Fitnessblender relaxing stretches

There are also other “class” options that you can choose from for a more active option - search through these resources for 15-20 minute exercises your (these can be used for the RECHARGE Wellness Room):

- YMCA 360: Virtual classes to suit your interests and personal goals
- Fitness Blender Workout videos ranging in difficulty, length, and body focus
- Fitbit and PureGym: Full body or targeted muscle group workout videos
- Corepower Yoga: Yoga organization with a selection of free videos
- Strong by Zumba: Combines bodyweight, muscle conditioning, and plyometric training with no equipment needed. 7-minute, 20-minute, and 30-minute classes available

Sfhss.org/events – Tuesdays at 3pm citywide stretch break for 10 min, Virtual GEX on Tuesday & Thursday evenings, and other classes offered by HSS