

NATIONAL OUTDOORS MONTH

Take Burnalong with you on your outdoor adventures.



Level 1
1/20/22 EZ Mobility Flow 🧘‍♀️ Zona Azul Yoga w Sir HexALot

4 ★

13m

YOGA WELLNESS WITH A VIEW

Instructor
"Sir HexALot" Persephone



Level 1
Morning Stretch & Move @ the Beach

5 ★

10m

WELLNESS WITH A VIEW STRETCH AND RESTORE
SENIORS

Instructor
Jodee Burris



Level 1
Tropical Ab Day!

5 ★

26m

WELLNESS WITH A VIEW ABS

Instructor
JoanieFit LLC

PLUS DISCOVER 50+ HEALTH & WELLNESS CATEGORIES



Stretch and Restore



Sports Performance



Running



Adaptive Workouts



Bodyweight



Mindfulness



Nutrition



Seniors

Scan the code for outdoor class recommendations on Burnalong!

