

June 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Holistic health

4

5

Travel Workouts

♥ Fitness
🕒 14 min

6

7

8

User Event
12 PM EST

9

Budget

♥ Educational
🕒 6 min

10

11

Move and Stretch

♥ Stretch and restore
🕒 10 min

12

13

5 Minute Mobility

♥ Mobility
🕒 6 min

14

User Event
12 PM EST

15

Investment
Accounts

♥ Educational
🕒 6 min

16

17

Hotel Room
Strength Training

♥ Strength
🕒 9 min

18

19

20

Saving Money

♥ Educational
🕒 10 min

21

Simple Snacks

♥ Nutrition
🕒 8 min

22

Mini Movement
Break

♥ Movement
🕒 12 min

23

Traveling With
Diabetes

♥ Educational
🕒 4 min

24

25

Office Stretch

♥ Stretch and restore
🕒 9 min

26

DIY Protein Box

♥ Nutrition
🕒 17 min

27

No Mat Yoga

♥ Yoga
🕒 32 min

28

29

User Event
12 PM EST

30

Exercise While
Traveling

♥ Fitness
🕒 23 min

★ June playlist

This month, we've curated a playlist with classes and live events to help you work towards your health goals. Jump in at any time!

[VIEW THE PLAYLIST](#)

