

burnalong

Coming to you live in June!

Fuel your journey to better physical health with June's inclusive events tailored for all fitness levels. Whether you're a beginner or seasoned enthusiast, join us to stay active and unlock your full potential, fostering a resilient body and a vibrant, energized lifestyle.



JUNE

6

@ 12:00 PM ET

Wellness for every body

Learn how to customize your wellness plan. Discover how to work around injuries and learn techniques for safe and effective movement. Whether you're a seasoned athlete or just beginning your wellness journey, we will provide you with invaluable insights.



JUNE

12

@ 12:00 PM ET

Movement your way

Unlock the science of movement on a journey to a fitter, healthier you! Our knowledgeable partners will unravel the latest movement trends and the science that drives them, helping you revolutionize your personalized training approach.



JUNE

27

@ 12:00 PM ET

All gain (without the pain)

Reconnect with your body and rediscover the pure delight of moving. Discover how embracing movement can transform your wellness. From improved mental wellbeing to a newfound appreciation for your body, you'll explore the benefits of joyful movement.

