

# Find Your Inner Strength

MON	TUES	WED	THUR	FRI	SAT	SUN
 <u>Mindfulness</u>  Life coaching  27 min	 <u>Yoga</u>  Stretch & restore  12 min	 <u>Nutrition</u>  Healthy eating  10 min	 <u>Cardio</u>  Dance  27 min	 <u>Clinical</u>  Educational  9 min	 <u>Strength</u>  Bootcamp  58 min	 <u>Barre</u>  Barre  34 min
 <u>Mindfulness</u>  Meditation  5 min	 <u>Yoga</u>  Tai Chi & QiGong  10 min	 <u>Nutrition</u>  Educational  6 min	 <u>Cardio</u>  Bootcamp  29 min	 <u>Clinical</u>  Fit over 50  10 min	 <u>Strength</u>  Arms  38 min	 <u>Pilates</u>  Core  59 min
 <u>Mindfulness</u>  Meditation  6 min	 <u>Yoga</u>  Chair yoga  10 min	 <u>Nutrition</u>  Healthy eating  5 min	 <u>Cardio</u>  Walking  24 min	 <u>Clinical</u>  Mental health  9 min	 <u>Strength</u>  Bodyweight  31 min	 <u>Barre</u>  Barre  44 min
 <u>Mindfulness</u>  Meditation  12 min	 <u>Yoga</u>  Fit over 50  9 min	 <u>Nutrition</u>  Educational  1 min	 <u>Cardio</u>  Walking  14 min	 <u>Clinical</u>  Mental health  6 min	 <u>Strength</u>  Fit over 50  20 min	 <u>Pilates</u>  Pilates  27 min
 <u>Mindfulness</u>  Meditation  4 min	 <u>Yoga</u>  Yoga  20 min	 <u>Nutrition</u>  Educational  7 min	 <u>Cardio</u>  Bodyweight  24 min	 <u>Clinical</u>  Mental health  8 min	 <u>Strength</u>  Strength  33 min	 <u>Barre</u>  Barre  39 min

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