

# Gratitude and Reflection

MON	TUES	WED	THUR	FRI	SAT	SUN
 <u>Mindfulness</u>  Tai Chi & Qigong  46 min	 <u>Yoga</u>  Yoga  57 min	 <u>Nutrition</u>  Healthy eating  4 min	 <u>Cardio</u>  Walking  21 min	 <u>Clinical</u>  Mental health  3 min	 <u>Strength</u>  Full body  39 min	 <u>Barre</u>  Barre  30 min
 <u>Mindfulness</u>  Meditation  12 min	 <u>Yoga</u>  Seniors  49 min	 <u>Nutrition</u>  Educational  13 min	 <u>Cardio</u>  Dance  65 min	 <u>Clinical</u>  Diabetes  13 min	 <u>Strength</u>  Educational  12 min	 <u>Pilates</u>  Warm up  5 min
 <u>Mindfulness</u>  Educational  9 min	 <u>Yoga</u>  Stretch & restore  23 min	 <u>Nutrition</u>  Educational  17 min	 <u>Cardio</u>  HIIT  30 min	 <u>Clinical</u>  Stretch & restore  30 min	 <u>Strength</u>  Full body  41 min	 <u>Pilates</u>  Pilates  19 min
 <u>Mindfulness</u>  Tai Chi & Qigong  33 min	 <u>Yoga</u>  Office workout  23 min	 <u>Nutrition</u>  Educational  13 min	 <u>Cardio</u>  Adaptive workout  35 min	 <u>Clinical</u>  Life coaching  20 min	 <u>Strength</u>  Fit over 50  44 min	 <u>Pilates</u>  Pilates  55 min
 <u>Mindfulness</u>  Sleep  8 min	 <u>Yoga</u>  Stretch & restore  11 min	 <u>Nutrition</u>  Educational  7 min	 <u>Cardio</u>  Beginner  46 min	 <u>Clinical</u>  Diabetes  8 min	 <u>Strength</u>  Fit over 50  45 min	 <u>Pilates</u>  Pilates  44 min

2025