

Healthy You for the Holidays

MON	TUES	WED	THUR	FRI	SAT	SUN
 <u>Mindfulness</u>  Meditation  10 min	 <u>Yoga</u>  Yoga  33 min	 <u>Nutrition</u>  Education  5 min	 <u>Cardio</u>  Bodyweight  44 min	 <u>Clinical</u>  Stretch & restore  5 min	 <u>Strength</u>  Strength  29 min	 <u>Barre</u>  Arms, Core  33 min
 <u>Mindfulness</u>  Sleep  9 min	 <u>Yoga</u>  Yoga  41 min	 <u>Nutrition</u>  Travel  8 min	 <u>Cardio</u>  Kickboxing  36 min	 <u>Clinical</u>  Mental health  9 min	 <u>Strength</u>  Bodyweight  19 min	 <u>Barre</u>  Barre  31 min
 <u>Mindfulness</u>  Meditation  15 min	 <u>Yoga</u>  Stretch & restore  64 min	 <u>Nutrition</u>  Education  12 min	 <u>Cardio</u>  Seated dance  42 min	 <u>Clinical</u>  Life coaching  4 min	 <u>Strength</u>  Adaptive  23 min	 <u>Barre</u>  Barre  21 min
 <u>Mindfulness</u>  Meditation  62 min	 <u>Yoga</u>  Yoga  55 min	 <u>Nutrition</u>  Education  22 min	 <u>Cardio</u>  Bodyweight  42 min	 <u>Clinical</u>  Educational  8 min	 <u>Strength</u>  Strength  36 min	 <u>Pilates</u>  Pilates  33 min
 <u>Mindfulness</u>  Tai Chi  27 min	 <u>Yoga</u>  Fit over 50  14 min	 <u>Nutrition</u>  Healthy eating  3 min	 <u>Cardio</u>  Bodyweight  21 min	 <u>Clinical</u>  Brain health  4 min	 <u>Strength</u>  Bootcamp  47 min	 <u>Pilates</u>  Pilates  32 min

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