

Let Your Heart Move You

MON	TUES	WED	THUR	FRI	SAT	SUN
 <u>Mindfulness</u>  Tai Chi & Qigong  32 min	 <u>Yoga</u>  Yoga  62 min	 <u>Nutrition</u>  Healthy eating  5 min	 <u>Cardio</u>  HIIT  18 min	 <u>Clinical</u>  Gratitude  1 min	 <u>Strength</u>  Bodyweight  8 min	 <u>Lifestyle</u>  Stress Mgt  13 min
 <u>Mindfulness</u>  Meditation  16 min	 <u>Yoga</u>  Chair Yoga  47 min	 <u>Nutrition</u>  Hydration  5 min	 <u>Cardio</u>  Bodyweight  32 min	 <u>Clinical</u>  Educational  6 min	 <u>Strength</u>  Fit Over 50  47 min	 <u>Lifestyle</u>  Educational  5 min
 <u>Mindfulness</u>  Tai Chi & Qigong  46 min	 <u>Yoga</u>  Yoga  49 min	 <u>Nutrition</u>  Healthy Eating  8 min	 <u>Cardio</u>  Tabata (Spanish)  24 min	 <u>Clinical</u>  Brain health  7 min	 <u>Strength</u>  Bootcamp  60 min	 <u>Lifestyle</u>  Life coaching  6 min
 <u>Mindfulness</u>  Stretch & Restore  29 min	 <u>Yoga</u>  Yoga  32 min	 <u>Nutrition</u>  Fad diets  11 min	 <u>Cardio</u>  Bodyweight  45 min	 <u>Clinical</u>  Mental health  8 min	 <u>Strength</u>  Full body  38 min	 <u>Lifestyle</u>  Parenting  8 min
 <u>Mindfulness</u>  Breathwork  3 min	 <u>Yoga</u>  Office Flow  20 min	 <u>Nutrition</u>  Recipe  6 min	 <u>Cardio</u>  Kickboxing  30 min	 <u>Clinical</u>  Seated cardio  32 min	 <u>Strength</u>  Bands  27 min	 <u>Lifestyle</u>  Motivation  2 min

2026