

Mindful Living

MON	TUES	WED	THUR	FRI	SAT	SUN
<u>Mindfulness</u> Stress Management 26 min	<u>Yoga</u> Yoga 32 min	<u>Nutrition</u> Healthy eating 1 min	<u>Cardio</u> Fit Over 50 51 min	<u>Clinical</u> Peptides 12 min	<u>Strength</u> Lower Body 26 min	<u>Barre</u> Express Barre 30 min
<u>Stretch & Restore</u> Mobility 35 min	<u>Yoga</u> Yoga 58 min	<u>Nutrition</u> Herbs 13 min	<u>Cardio</u> Bootcamp 34 min	<u>Clinical</u> Ankle Sprains 38 min	<u>Strength</u> total Body 31 min	<u>Pilates</u> Power Pilates 33 min
<u>Mindfulness</u> Qi Gong 21 min	<u>Yoga</u> Gentle Yoga 33 min	<u>Nutrition</u> Education 7 min	<u>Cardio</u> Aerobic 34 min	<u>Clinical</u> Low Back 33 min	<u>Strength</u> Knockout Strength 33 min	<u>Pilates</u> Mat Pilates 47 min
<u>Mindfulness</u> Breathwork 12 min	<u>Yoga</u> Chair Yoga 12 min	<u>Nutrition</u> Meal Timing 13 min	<u>Cardio</u> HIIT 31 min	<u>Clinical</u> Spoon Theory 8 min	<u>Strength</u> Beginner Barbell 39 min	<u>Pilates</u> Wall Pilates 20 min
<u>Stretch & Restore</u> Spanish 15 min	<u>Yoga</u> Morning Stretch 17 min	<u>Nutrition</u> Healthy eating 8 min	<u>Cardio</u> Power Endurance 59 min	<u>Clinical</u> Nutrition & Sleep 8 min	<u>Strength</u> Lower body 44 min	<u>Pilates</u> Poise & Power 41 min

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