

Mind Over Matter

MON	TUES	WED	THUR	FRI	SAT	SUN
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Mindset 🕒 4 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ chair Yoga 🕒 21 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Healthy eating 🕒 1 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Bodyweight 🕒 22 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Sleep 🕒 37 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Total body 🕒 29 min 	<p> <u>Pilates</u></p> <ul style="list-style-type: none"> ★ Mat Pilates 🕒 20 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Yin Yoga & Qigong 🕒 24 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Gentle Yoga 🕒 33 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Diet and Aging 🕒 12 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Kickboxing 🕒 48 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Movement for arthritis 🕒 28 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Seated 🕒 28 min 	<p> <u>Pilates</u></p> <ul style="list-style-type: none"> ★ Barre 🕒 33 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Breathwork 🕒 16 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ SilverSneakers 🕒 49 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Healthy eating 🕒 12 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ 3500 steps! 🕒 47 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Desk Posture 🕒 6 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Supersets 🕒 30 min 	<p> <u>Barre</u></p> <ul style="list-style-type: none"> ★ Barre 🕒 31 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Stretch & Restore 🕒 10 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Energize & Flow 🕒 56 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Vegan Recipe 🕒 5 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ HIIT 🕒 29 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Sciatica 🕒 17 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Core 🕒 20 min 	<p> <u>Pilates</u></p> <ul style="list-style-type: none"> ★ Pilates 🕒 31 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Meditation 🕒 9 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Flexibility 🕒 56 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Recipe 🕒 7 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Seated 🕒 32 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Chronic Pain Management 🕒 8 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Lower Body 🕒 35 min 	<p> <u>Barre</u></p> <ul style="list-style-type: none"> ★ Barre Fusion 🕒 50 min

2026