

# Energize Your Everyday

MON	TUES	WED	THUR	FRI	SAT	SUN
<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>Meditation</li> <li>14 min</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>Yoga</li> <li>10 min</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>Educational</li> <li>5 min</li> </ul>	<p><b>Cardio</b></p> <ul style="list-style-type: none"> <li>Cardio &amp; strength</li> <li>20 min</li> </ul>	<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>Educational</li> <li>6 min</li> </ul>	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Adaptive</li> <li>26 min</li> </ul>	<p><b>Pilates</b></p> <ul style="list-style-type: none"> <li>Wall Pilates</li> <li>54 min</li> </ul>
<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>Stretch &amp; Restore</li> <li>16 min</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>Summer Flow</li> <li>20 min</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>Recipe</li> <li>2 min</li> </ul>	<p><b>Cardio</b></p> <ul style="list-style-type: none"> <li>Circuit</li> <li>22 min</li> </ul>	<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>Mental health</li> <li>12 min</li> </ul>	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Booty Bootcamp</li> <li>47 min</li> </ul>	<p><b>Barre</b></p> <ul style="list-style-type: none"> <li>Barre</li> <li>33 min</li> </ul>
<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>Stretch &amp; Restore</li> <li>28 min</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>Yoga for Digestion</li> <li>43 min</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>Energizing Smoothie</li> <li>7 min</li> </ul>	<p><b>Cardio</b></p> <ul style="list-style-type: none"> <li>Indoor Walking</li> <li>30 min</li> </ul>	<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>Mental Health</li> <li>42 min</li> </ul>	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>BodyBlast</li> <li>31 min</li> </ul>	<p><b>Pilates</b></p> <ul style="list-style-type: none"> <li>Beginner</li> <li>43 min</li> </ul>
<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>Meditation</li> <li>11 min</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>Chair Yoga</li> <li>31 min</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>Educational</li> <li>3 min</li> </ul>	<p><b>Cardio</b></p> <ul style="list-style-type: none"> <li>Kickboxing</li> <li>58 min</li> </ul>	<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>Stress Reduction</li> <li>4 min</li> </ul>	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Metabolic Strength</li> <li>45 min</li> </ul>	<p><b>Pilates</b></p> <ul style="list-style-type: none"> <li>Spanish</li> <li>21 min</li> </ul>
<p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>Chair Tai Chi</li> <li>29 min</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>Fun Flow</li> <li>58 min</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>Educational</li> <li>8 min</li> </ul>	<p><b>Cardio</b></p> <ul style="list-style-type: none"> <li>Tabata</li> <li>31 min</li> </ul>	<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>Mental Health</li> <li>12 min</li> </ul>	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>Lower Body</li> <li>20 min</li> </ul>	<p><b>Barre</b></p> <ul style="list-style-type: none"> <li>Barreflow</li> <li>36 min</li> </ul>

2026