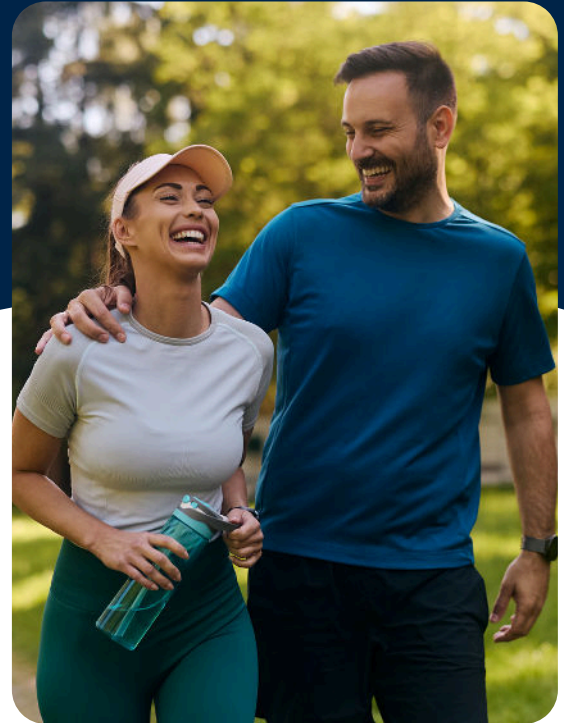


Experience April's Live Events



Spring into action this month! April is all about fresh starts and bold moves. Whether you're jump-starting your fitness, decluttering your space, or embracing new challenges, we have the classes and community to keep you motivated.



April 10

@12:00 PM ET

[REGISTER](#)

Shifting Your Perspective: How to Embrace Challenges

We'll explore how adopting a growth mindset can help you push past your limits and unlock your true potential. By shifting your mindset and seeing failures as opportunities, you can break through barriers and achieve more.



April 16

@12:00 PM ET

[REGISTER](#)

How to Workout Without Working Out: Easy Ways to Move More

Learn how to stay active throughout your day by incorporating simple movement into your routine – no special equipment, no gym required. Explore how to add movement into your workday, household tasks, and everyday activities, making it easy to stay active.



April 24

@12:00 PM ET

[REGISTER](#)

Clean Space, Clear Mind: The Wellness Benefits of Decluttering

Learn practical strategies for cleaning, decluttering, and organizing your home in a way that not only creates a more inviting environment but also promotes mental clarity and wellbeing.

