

Spring into Action

MON	TUES	WED	THUR	FRI	SAT	SUN
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Meditation 🕒 4 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Yoga 🕒 33 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Healthy eating 🕒 7 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Boxing 🕒 32 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Physical therapy 🕒 33 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Stretch & restore 🕒 38 min 	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> ★ Hobbies & craft 🕒 16 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Stretch & restore 🕒 14 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Fit over 50 🕒 61 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Educational 🕒 9 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Boxing 🕒 33 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Nutrition 🕒 9 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Fit over 50 🕒 39 min 	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> ★ Life coaching 🕒 5 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Meditation 🕒 17 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Chair yoga 🕒 20 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Educational 🕒 16 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Dance 🕒 29 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Mental health 🕒 13 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Bodyweight 🕒 19 min 	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> ★ Life coaching 🕒 11 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Stretch & restore 🕒 4 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Yoga 🕒 16 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Healthy eating 🕒 3 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Bodyweight 🕒 24 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Nutrition 🕒 13 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Fit over 50 🕒 8 min 	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> ★ Educational 🕒 7 min
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> ★ Meditation 🕒 6 min 	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> ★ Stretch & restore 🕒 28 min 	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> ★ Healthy eating 🕒 6 min 	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> ★ Dance 🕒 11 min 	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> ★ Sleep 🕒 6 min 	<p> <u>Strength</u></p> <ul style="list-style-type: none"> ★ Abs 🕒 8 min 	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> ★ Financial wellbeing 🕒 14 min

2025