# Strong and Inspired

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| ↗ Mindfulness<br>★ Meditation<br>🕐 7 min | ↗ Yoga<br>★ Yoga<br>🕐 30 min | ↗ Nutrition<br>★ Healthy eating<br>🕐 5 min | ↗ Cardio<br>★ Boxing<br>🕐 17 min | ↗ Clinical<br>★ Mental health<br>🕐 3 min | ↗ Strength<br>★ Upper body<br>🕐 34 min | ↗ Barre<br>★ Barre<br>🕐 32 min |
| ↗ Mindfulness<br>★ Stress management<br>🕐 3 min | ↗ Yoga<br>★ Mindfulness<br>🕐 21 min | ↗ Nutrition<br>★ Healthy eating<br>🕐 2 min | ↗ Cardio<br>★ Dance<br>🕐 60 min | ↗ Clinical<br>★ Blood pressure<br>🕐 5 min | ↗ Strength<br>★ Lower body<br>🕐 46 min | ↗ Pilates<br>★ Pilates<br>🕐 44 min |
| ↗ Mindfulness<br>★ Tai Chi & QiGong<br>🕐 48 min | ↗ Yoga<br>★ Stretch & restore<br>🕐 38 min | ↗ Nutrition<br>★ Healthy eating<br>🕐 3 min | ↗ Cardio<br>★ Dance<br>🕐 11 min | ↗ Clinical<br>★ Life coaching<br>🕐 5 min | ↗ Strength<br>★ Educational<br>🕐 8 min | ↗ Barre<br>★ Barre<br>🕐 30 min |
| ↗ Mindfulness<br>★ Meditation<br>🕐 11 min | ↗ Yoga<br>★ Yoga<br>🕐 60 min | ↗ Nutrition<br>★ Healthy eating<br>🕐 5 min | ↗ Cardio<br>★ Interval Training<br>🕐 57 min | ↗ Clinical<br>★ Arthritis<br>🕐 6 min | ↗ Strength<br>★ Bodyweight<br>🕐 44 min | ↗ Pilates<br>★ Pilates<br>🕐 34 min |
| ↗ Mindfulness<br>★ Meditation<br>🕐 9 min | ↗ Yoga<br>★ Chair yoga<br>🕐 29 min | ↗ Nutrition<br>★ Healthy eating<br>🕐 8 min | ↗ Cardio<br>★ Dance<br>🕐 50 min | ↗ Clinical<br>★ Life coaching<br>🕐 9 min | ↗ Strength<br>★ Full body strength<br>🕐 27 min | ↗ Pilates<br>★ Description<br>🕐 00 min |

## 2025

burnalong®