

WELLNESS Menu

Wellness isn't a finish line to cross, it's a way of life.
Use your wellness menu to ensure movement is a part of your life daily.

Appetizer

Low Energy : for the days you want to do nothing but know you need to do something!

5 MINUTE
ABS

7 MINUTE
HIIT

WALK WITH
A FRIEND

7 MINUTE
ARMS

Main Course

High Energy: for the days you are ready to give it your all

TOTAL BODY
PILATES

TOTAL
BODY TONE

LATIN
DANCE
WORKOUT

BODYWEIGHT
CARDIO

Dessert

Daily Requirement

MEDITATION
FOR
SELF-LOVE

TONE IT UP
STRETCH

TOTAL BODY
STRETCH

YOGA
FOR NECK &
SHOULDERS

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Dessert

Daily Requirement

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