

**B****I****N****G****O**

# HealthFitness360<sup>SM</sup>

**B****I****N****G****O**

30 minute  
Yoga with  
Ashley M

2 minute  
Squat Basics  
with Drew

10 minute  
Healthy  
Hydration  
Habits with  
Laura B

15 minute  
Core and Abs  
with Jim K

20 minute High  
Intensity  
Interval Training  
with Stephanie  
P

20 minute  
Lower Body  
Strength with  
Stephanie P

28 minute  
Hillalicious  
Cycling Audio

10 minute  
Sleep with  
Jess P

30 minute  
Pilates with  
Ingrid I

23 minute  
Dance on the  
Beat Audio  
Elliptical

5 minute  
Rethink Your  
Energy Drink  
with Tasha S

15 Minutes  
Recovery for  
the Back with  
Joe A

**THANK  
YOU FOR  
USING  
HF360!**

15 minute  
Loving  
Kindness  
Meditation with  
Christie K

30 minute  
Step with  
Laura A

10 minute  
Relaxation  
with Bryan H

12 minute  
Step to  
Lunge Audio  
Stairclimber

5 minute  
Stretch and  
Flex with  
Jason T

20 minute  
Guided Walk  
or Run with  
Jim K

10 minute  
Office  
Energizer with  
Mike H

30 minute  
Yoga with  
Megan R

25 minute  
Cardio Dance  
with Jason T

20 minute  
Joyful Walk  
Audio

15 minute  
Quinoa Sweet  
Potato Patties  
with Jessica G

15 minute  
Upper Body  
Strength with  
Brooke S