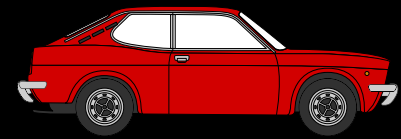
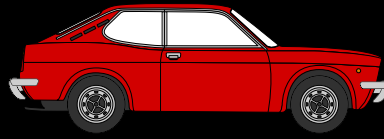


MAY 1 - 31

MAY 2024



HEALTHFITNESS360

**To register, download the app from the App Store or Google Play.
Contact your local HWC for the access code.**

Times are in EST	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM			30 min Strength & Sweat		
9:00am	30 min Rise & Restore				
10:00am				30 min Yo-Chi	
10:30 AM		10 min Lower Body Mobility		10 min Upper Body Mobility	
12:00 PM	30 min Full Body Dumbbell	10 min Seated Upper Body Dumbbell	20 min Cardio Kickboxing	10 min Lower Body Dumbbell	30 min Home Walking Workout
2:00 PM	2:30pm 10 min Standing Abs	20 min Cardio HIIT	20 min Full Body Dumbbell	20 min Cardio Dance	10 min Seated Abs
5:00 PM		30 min Yoga	4:00pm 5 min Stretch Break		