

STRESS LESS IN APRIL 2024

Join us as we prioritize self-care, nourish our bodies, and cultivate inner peace amidst life's demands. From calming yoga flows to stress-relieving workouts, our carefully curated fitness calendar offers a sanctuary for your mind, body, and soul. Let's embrace April as a time to unwind, recharge, and discover the joy of living with less stress together!



NEED MORE?
5 BONUS WORKOUTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 Cycling: 45 Min Trail Ride w/ Pearl <small>Standard</small>	02 HIIT- Twist and Shake <small>Advanced</small>	03 Barre 232 Upper Body and Core <small>Standard</small>	04 Elle Young: BodyBurn <small>Flex</small>	05 27-Minute Dance Cardio Workout With Amanda Kloots <small>Flex</small>	06 30-Minute HIIT Bodyweight Burnout <small>Standard</small>
07 Barre Total Body 30 mins with Jasmine #2 <small>Advanced</small>	08 20-Minute Ab Blast Dance Cardio Workout <small>Advanced</small>	09 BODYSHRED™ Rebalance and Recover <small>Flex</small>	10 Intro to Intervals- Thighs and Glutes <small>Easy</small>	11 40-Minute Yoga Stretch & Strengthen <small>Standard</small>	12 30 Minute RIDE 20 <small>Standard</small>	13 Nadia Narain: Yoga Express - Yoga Flow <small>Easy</small>
14 30-Minute Relax & Restore <small>Flex</small>	15 Rip Vol. 51 - 30t <small>Standard</small>	16 Restore 224 <small>Easy</small>	17 Rainbow Burn <small>Advanced</small>	18 Cardio Aerobics 30mins with Greg #1 <small>Standard</small>	19 M1ND 22: SEQUENCE <small>Flex</small>	20 30-Minute Beginner Full Body Sculpt <small>Easy</small>
21 30-Minute Yoga With Adriene to Reduce Stress <small>Standard</small>	22 Strength Total Body 30mins with Caitlin #2 <small>Standard</small>	23 Tara Lee: Lunar Yoga - Body <small>Easy</small>	24 Dancing Dynamite <small>Standard</small>	25 40 min Yoga Workout for Toning & Relaxation <small>Standard</small>	26 30-Minute Metabolic Power HIIT <small>Advanced</small>	27 Bollywood Dance Workout <small>Flex</small>
28 Transform Vol. 16 - 30 <small>Standard</small>	29 20-Minute Detox Yoga Flow <small>Easy</small>	30 20 Minute Rhythm Ride - Latin Beats <small>Standard</small>	01	02	03	04

POST WORKOUT STRETCH

BAND STRETCH

10-MINUTE YOGA STRETCH

ARM SCULPTER

TARA LEE: LUNAR YOGA -
MEDITATION



Share your workout progress
with our virtual community!
[#StressAwarenessMonth](#)

