



# Wellbeats™

## Show Your Pride Challenge - June 2021

Join us as we raise awareness and encourage inclusiveness during national Pride Month. The classes throughout the 5-week challenge begin with the letters LGBTQIA and PRIDE - designed to help us all feel PRIDE! The diversity of classes showcase fitness, nutrition and mindfulness for all ages, genders and ability levels.

[#showyourpride](#) [#wellbeatsforall](#)

### Recommended Equipment



Yoga Mat



Steps and Risers



Kettlebells



Dumbbells



Barbells

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1			<b>L</b> 1 <b>Ladder Up!</b> Kinetics (HIIT) 21 min	<b>G</b> 2 <b>Go 4 It</b> Kinetics (HIIT) 35 min	<b>B</b> 3 <b>Body Strong</b> Fusion (Yoga/Pilates) 35 min	<b>T</b> 4 <b>To Your Own Beat</b> Vibe (Dance) 18 min	<b>REST</b> 5
WEEK 2	<b>REST</b> 6	<b>Q</b> 7 <b>Quick Fix</b> Stomp (Step) 20 min	<b>I</b> 8 <b>Importance of Hydration</b> Nourish, 3 min	<b>A</b> 9 <b>African Dance</b> Vibe (Dance) 17 min	<b>REST</b> 10	<b>P</b> 11 <b>Personal Development</b> eM Life, 16 min	<b>R</b> 12 <b>Resist N Persist</b> Bar Strong 20 min
WEEK 3	<b>REST</b> 13	<b>I</b> 14 <b>In Balance</b> Transitions 20 min	<b>D</b> 15 <b>Double the Power</b> Kettle Power 20 min	<b>E</b> 16 <b>Endure</b> Express (Toning) 20 min	<b>REST</b> 17	<b>L</b> 18 <b>Let's HIIT It</b> Kinetics (HIIT) 20 min	<b>G</b> 19 <b>Gut Health 101</b> Nourish 5 min
WEEK 4	<b>B</b> 20 <b>Bring It Tabata</b> Kinetics (HIIT) 25 min	<b>REST</b> 21	<b>T</b> 22 <b>Time To Shine</b> Vibe (Dance) 20 min	<b>Q</b> 23 <b>Quick Fight</b> Time Savers 15 min	<b>I</b> 24 <b>Inchworm Challenge</b> Connect, 5 min	<b>A</b> 25 <b>Anti-Aging Foods</b> Nourish 3 min	<b>P</b> 26 <b>Plank Challenge 2</b> Connect 9 min
WEEK 5	<b>R</b> 27 <b>Rock Your Core</b> Express (Toning) 20 min	<b>I</b> 28 <b>Ignition</b> Kinetics (HIIT) 21 min	<b>D</b> 29 <b>Double Whammy</b> Express (Toning) 20 min	<b>E</b> 30 <b>Eat Better, Sleep Better</b> Nourish, 4 min			