



Take Care of You Program

Feeling drained or running on empty by the end of the day? Do you tend to put your own needs last? You deserve time dedicated to YOU.

This 4-week program is all about treating yourself with kindness, gratitude, and compassion. Choose whichever class option fits your needs on any given day: whether it's a calming yoga or meditation class, or an energizing sweat session.

Recommended Equipment



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Finding Stillness (Mindfulness) 17 min OR Armed & Ready (Strength) 20 min	Gentle Yoga (Yoga) 39 min OR Fierce & Fun (Cardio) 20 min	Mindful Meditation (Mindfulness) 17 min OR Perfect 10 (Strength) 26 min	Rotation & Breath (Yoga) 14 min OR Cardio Core (Cardio) 20 min	Resting Within (Mindfulness) 26 min OR Total Body Power (Cardio) 20 min	Ocean Breath (Mindfulness) 27 min OR Body Check (Cardio, Strength) 19 min	Gentle Flow (Yoga) 23 min OR Sunrise Run (Running) 20 min
WEEK 2	Gratitude Meditation 30 min OR Opposites Attract (Strength) 21 min	Essential Yin (Mindfulness) 16 min OR Strong Momentum (Cardio) 23 min	Be Here Now (Mindfulness) 15 min OR Strength Builder (Strength) 20 min	Yoga Flow (Yoga) 24 min OR Fusion HIIT Circuit (Cardio) 30 min	Body Scan Meditation 20 min OR Armed & Ready (Strength) 20 min	Mindful Breath Meditation 11 min OR Ladder Up! (HIIT) 21 min	Therapeutic Yoga: Back 28 min OR Basic Intervals (Running) 20 min
WEEK 3	Yin Relaxation (Yoga) 52 min OR 360 Degree Strong (Strength) 19 min	Calm Breath & Flow (Yoga) 21 min OR Crazy Cardio & Core (Cardio) 20 min	Resting Within (Mindfulness) 26 min OR Total Body With Equipment 20 min	Mindful Flow (Yoga) 40 min OR Power Circuits (Cardio) 22 min	Sonic Meditation (Mindfulness) 10 min OR (Cardio) 33 min	Finding Stillness (Mindfulness) 17 min OR Strength & Cardio Circuit 25 min	Therapeutic Yoga: Neck 30 min OR Sun Surging (Running) 25 min
WEEK 4	Gentle Yoga (Yoga) 39 min OR Pushing Your Limits (Cardio) 20 min	Move With Mudras (Mindfulness) 32 min OR Ladder Up! (HIIT) 21 min	Mindful Meditation (Mindfulness) 17 min OR Fit & Fast (Strength) 35 min	Stretch Flow Breath (Yoga) 25 min OR Body Check (Cardio) 19 min	Rotation & Breath (Yoga) 14 min OR Strong Build (Strength) 26 min	Gratitude Meditation 30 min OR HIIT Cardio (Cardio) 20 min	Therapeutic Yoga: Wrist 24 min OR High Fiver (Running) 20 min