



Wellness

# 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



Yoga Mat



Dumbbells



Yoga Block

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