



## ◆ Wellbeats

Wellness

### Wellness Time Savers Program

These simple, beginner-level classes are designed to introduce us to mindfulness and how we can be present in our everyday lives with easy-to-follow instruction and classes. If you are a veteran in the mindful community, these classes are also a great reminder and refresher on how to stay mindful throughout our day.



**Recommended Equipment:** A towel or a strap and a light set of dumbbells

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Time for a Reset 3 mins	Leg Challenge 5 mins	How to Read a Nutrition Label 3 mins	Total Tone In Ten 10 mins	Midday Stretch 5 mins	Core by Four 4 mins	Morning Mobility 7 mins
WEEK 2	Ground & Protected 3 mins	Walking Plank Challenge 3 mins	Breakfast: Start Your Day Right 2 mins	Fast Fix HIIT 10 mins	Midday Stretch for Hands & Wrist 9 mins	Three Times the Core 5 mins	Hips & Back 8 mins