

HEALTHFITNESS360

To register, download the app from the App Store or Google Play.
Contact your local HWC for the access code.

Times are in EST	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM			30 min Strength & Sweat		
9:00am	30 min Rise & Restore				
10:00am				30 min Yo-Chi	
10:30 AM		15 min Full Body Mobility		15 min Seated Upper Body Dumbbell	
12:00 PM	30 min Full Body Dumbbell	10 min Upper Body Resistance Band	20 min Cardio Kickboxing	10 min Lower Body Mini-Band	30 min Indoor Walk
2:00 PM	10 min Standing Abs	20 min Full Body Cardio	20 min Full Body Dumbbell	20 min Step to the Beat	10 min Seated Abs
5:00 PM		30 min Yoga	4:00pm 5 min Stretch Break		