

# 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
9:00am	30 min Rise & Restore		30 minute Strength & Sweat		
10:00am				30 min Yo-Chi	
10:30 AM		10 min Lower Body Mobility		15 min Seated Upper Body Dumbbell	
12:00 PM	30 min Full Body Dumbbell		20 min Step to the Beat		30 min Indoor Walk
12:30 PM		10 min Upper Body Resistance Band		10 min Lower Body Mini-Band	
2:00 PM	10 min Standing Abs		20 min Full Body Dumbbell		10 min Seated Abs
2:30 PM		20 min Bodyweight Bootcamp		15 min Bodyweight Bootcamp	
4:00 PM			10 min Upper Body Mobility		
5:00 PM		30 min Yoga			