



Wellness

Get Started Program

New to fitness or returning after some time away? This 4-week program is welcome for all levels and abilities. Safely ease into a healthy routine with a variety of fun workouts (including strength training, yoga, HIIT, and barre) + beginner-friendly meditation exercises and healthy eating tips.

Recommended Equipment



Yoga Mat



Dumbbells



Yoga Block

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	African Dance (Dance) 17 min	Rest	Perfect 10 (Toning) 26 min	Rest	Strong Momentum (HIIT) 23 min	Body Scan Meditation (Mindfulness) 16 min	Rest
WEEK 2	Armed & Ready (Toning) 20 min	Rest	Barre HIIT (HIIT) 16 min	Rest	Gentle Yoga (Yoga) 39 min	Anti-Inflammatory Foods (Nutrition) 5 min	Rest
WEEK 3	Light Up Your Core (Kickboxing) 20 min	Rest	Barre Pilates Flow (Pilates) 20 min	Rest	Legs on Fire (Strength) 21 min	Essential Yin (Mindfulness) 16 min	Rest
WEEK 4	Tai Chi Balance (Tai Chi) 16 min	Rest	Countdown to Fit (HIIT) 29 min	Rest	Stretch Flow Breathe (Yoga) 25 min	Stocking a Healthy Pantry (Nutrition) 5 min	Rest