

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Inclusive wellness
		1 <u>Yoga</u> ♥ Prenatal Yoga ⌚ 10 min	2 <u>Nutrition</u> ♥ Healthy Eating Recipe ⌚ 7 min	3 <u>Cardio</u> ♥ Cardio Kickboxing ⌚ 15 min	4 <u>Parkinson's</u> ♥ Parkinson's wellness ⌚ 38 min	5 <u>Core</u> ♥ Strength, Abs ⌚ 13 min	★ August playlist This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time! VIEW THE PLAYLIST
6 <u>Stretch</u> ♥ Foam Rolling ⌚ 12 min	7 <u>Yoga</u> ♥ Breathwork ⌚ 10 min	8 <u>Chair Yoga</u> ♥ Adaptive Yoga ⌚ 42 min	9 <u>Nutrition</u> ♥ Healthy Eating Recipe ⌚ 23 min	10 🧑🏫 <u>User Event</u> 12 PM EST	11 <u>Healthy Eating</u> ♥ Education, Nutrition ⌚ 13 min	12 <u>Strength</u> ♥ Strength, Barre ⌚ 20 min	
13 <u>Mindfulness</u> ♥ Deep Breathing ⌚ 9 min	14 <u>Meditation</u> ♥ Stress Management ⌚ 9 min	15 <u>Yoga</u> ♥ Take 5, Yoga ⌚ 5 min	16 🧑🏫 <u>User Event</u> 12 PM EST	17 <u>Cardio</u> ♥ Bodyweight, Cardio ⌚ 20 min	18 <u>Low Impact</u> ♥ Arthritis, cardio ⌚ 12 min	19 <u>Strength</u> ♥ Bodyweight, Strength ⌚ 20 min	
20 <u>Pilates</u> ♥ Stretch and restore ⌚ 13 min	21 <u>Meditation</u> ♥ Stress Management ⌚ 9 min	22 <u>Yoga</u> ♥ Yoga ⌚ 26 min	23 <u>Nutrition</u> ♥ Healthy Eating Recipe ⌚ 26 min	24 🧑🏫 <u>User Event</u> 12 PM EST	25 <u>Gentle Yoga</u> ♥ Arthritis, Stretch ⌚ 47 min	26 <u>Força</u> ♥ Strength, Portuguese ⌚ 18 min	
27 <u>Mobility</u> ♥ Stretch and restore ⌚ 26 min	28 <u>Meditation</u> ♥ Mindfulness ⌚ 6 min	29 <u>Yoga</u> ♥ Yoga ⌚ 49 min	30 <u>Nutrition</u> ♥ Healthy Eating Recipe ⌚ 4 min	31 <u>Cardio</u> ♥ Cardio, Strength ⌚ 14 min			

6 Monthly Challenge

📅 8/1 - 8/30

Burnalong's inclusive August challenge welcomes everyone to participate. All you need to do is take at least one class in a category you've never tried before. Do you have what it takes to step up to the challenge?