

April 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 Medical wellness

2

Meal Prep

♥ Recipe
🕒 4 min

3

Meditation

♥ Meditation
🕒 6 min

4

Yoga Flow


♥ Yoga
🕒 31 min

5

Recipe

♥ Lunch
🕒 4 min

6

 Bernalong Cafe
12 PM EST

7

Blood Sugars

♥ Educational
🕒 7 min

1

Cardio Training

♥ Cardio
🕒 60 min

9

Clean Finances

♥ Financial Wellness
🕒 4 min

10

Meditation


♥ Meditation
🕒 6 min

11

Yoga Flow

♥ Yoga
🕒 53 min

12

 User Event
12 PM EST

13

Cardio Kickboxing

♥ Cardio, Boxing
🕒 32 min

14

Diabetes & Heart Health

♥ Educational
🕒 8 min

8

Strength

♥ Strength, Arms
🕒 27 min

16

Foam Rolling

♥ Stretch & Restore
🕒 27 min

17

Mindfulness

♥ Meditation
🕒 6 min

18

Gentle Yoga

♥ Yoga
🕒 67 min

19

Recipe

♥ Dinner
🕒 1 min

20

Cardio Hip Hop

♥ Cardio, Dance
🕒 31 min

21

Stroke Prevention

♥ Educational
🕒 46 min

15

Glutes

♥ Strength, Glutes
🕒 23 min

23

Mobility

♥ Stretch & Restore
🕒 1 min

24

Meditation

♥ Meditation
🕒 5 min

25

Opening Yoga


♥ Yoga
🕒 59 min

26

Recipe

♥ Snack
🕒 3 min

27

 Bernalong Cafe
12 PM EST

28

Cancer Prevention

♥ Educational
🕒 5 min

22

Pilates

♥ Pilates, Strength
🕒 17 min

29

Cardio Strength


♥ Cardio, Strength
🕒 22 min

★ April 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 Monthly Challenge

 4/1-4/29/23

Complete at least 15 medical wellness classes to be entered into a chance to win a Bernalong swag pack and be invited to join a "Winner's Circle" exclusive live event.