

# Collin College September 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Self-Improvement



3 **Family Yoga** ★  
 ❤️ Mindfulness, Yoga  
 ⌚ 24 min

4 **Breathing**  
 ❤️ Meditation  
 ⌚ 5 min

5 **Yoga**  
 ❤️ Yoga, Stretch  
 ⌚ 15 min

6 **Nutrition** ★  
 ❤️ Healthy Recipes  
 ⌚ 5 min

7 **Zumba**  
 ❤️ Cardio, Dance  
 ⌚ 60 min

1 **Sleep** ★  
 ❤️ Sleep, Educational  
 ⌚ 9 min

2 **Strength**  
 ❤️ Strength, Abs  
 ⌚ 26 min

10 **Parenting**  
 ❤️ Mental Health  
 ⌚ 2 min

11 **Mindfulness** ★  
 ❤️ Educational  
 ⌚ 1 min

12 **Stretch**  
 ❤️ Stretch and Restore  
 ⌚ 11 min

13 **Nutrition**  
 ❤️ Healthy Eating  
 ⌚ 14 min

14 **User Event**  
 12 PM EST

15 **Metabolic Health**  
 ❤️ Clinical Nutrition  
 ⌚ 4 min

16 **Yoga**  
 ❤️ Postpartum Core  
 ⌚ 21 min

17 **Hydratation**  
 ❤️ French, Hydration  
 ⌚ 4 min

18 **Meditation**  
 ❤️ Mindfulness  
 ⌚ 16 min

19 **Yoga**  
 ❤️ Yoga  
 ⌚ 27 min

20 **User Event**  
 12 PM EST

21 **Cardio**  
 ❤️ Kickboxing  
 ⌚ 38 min

22 **CAD**  
 ❤️ Cardiopulmonary  
 ⌚ 13 min

23 **Strength**  
 ❤️ Strength  
 ⌚ 31 min

24 **Financial Wellness** ★  
 ❤️ Educational  
 ⌚ 13 min

25 **Meditation**  
 ❤️ Mindfulness  
 ⌚ 22 min

26 **Yoga** ★  
 ❤️ Yoga  
 ⌚ 60 min

27 **Nutrition**  
 ❤️ Healthy Recipe  
 ⌚ 1 min

28 **User Event**  
 12 PM EST

29 **Diabetes**  
 ❤️ Educational  
 ⌚ 2 min

30 **Strength**  
 ❤️ Adaptive Workout  
 ⌚ 32 min

★ **September 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 **Campus Classes**  
 CHEC, **Zumba**, Room 135: Wednesday, 5-6 p.m. Instructor: Brandy Fair  
**\*\*PILOT PROGRAM Sept. 13, 20, 27\*\***  
**CHEC, Yoga**, Tuesday, 12-12:45 p.m.  
**Technical, Yoga**, Thursday, 12-12:45 p.m.  
**McKinney, Zumba**, Thursday, 5-6 p.m.  
**Wylie, HIIT**, Mon-Fri, 12-1 p.m.  
 For more information, go to [our website](#).