

Collin College June 2023

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday



4	5	6 <u>Chair Yoga</u> ♥ Yoga 🕒 12 min	7 <u>Stretch and Strength</u> ♥ Snack 🕒 20 min	8 <u>Why Form Matters</u> 👤 Live Event Technique Tips 11 a.m. CST	9 <u>Strength Fit</u> ♥ Free Weights 🕒 34 min	10 <u>Walking</u> ♥ Walking, cardio 🕒 11 min
11 <u>Movement Break</u> ♥ Stretch and restore 🕒 12 min	12 <u>Mental Health</u> ♥ Improvement 🕒 20 min	13 <u>Gentle Yoga</u> ♥ Yoga 🕒 20 min	14 <u>Dance Fitness</u> ♥ Dance 🕒 33 min	15 <u>Standing Abs</u> ♥ Yoga 🕒 15 min	16 <u>Low Impact</u> ♥ Cardio 🕒 40 min	17 <u>Strength</u> ♥ Arms, Strength 🕒 11 min
18 <u>Stretch</u> ♥ Stretch and restore 🕒 30 min	19 <u>Mental Health</u> ♥ Mindfulness 🕒 26 min	20 12 p.m. 🕒 45 min <u>Livestream Yoga with J.C.</u> ♥ Yoga 🕒 20 min <u>Yoga</u>	21 <u>Gut Health</u> ♥ Nutrition Education 🕒 29 min	22 12 p.m. 🕒 45 min <u>Livestream Yoga with J.C.</u> ♥ Low Impact 🕒 29 min <u>Fit Camp</u>	23 <u>Stretch and Mobility</u> ♥ Stretch and Restore 🕒 32 min	24 <u>Strength</u> ♥ Strength 🕒 14 min
25 <u>Arms</u> ♥ Strength 🕒 16 min	26 <u>Strength Workout</u> ♥ Muscular Endurance 🕒 8 min	27 12 p.m. 🕒 45 min <u>Livestream Yoga with J.C.</u> ♥ Yoga 🕒 12 min <u>Yoga</u>	28 <u>Low Impact</u> ♥ Bodyweight 🕒 22 min	29 12 p.m. 🕒 45 min <u>Livestream Yoga with J.C.</u> 👤 <u>Core Food Groups</u> Live Event: Nutrition Education 11 a.m. CST	30 <u>You Sweat</u> ♥ Cardio 🕒 35 min	

Physical health

★ June 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 No Gym, No Problem

📅 6/1 - 6/30

Connect with Collin College's very own J.C. Terrazas, a certified yoga instructor. Live-stream sessions on Tuesdays and Thursdays, 12-12.45 p.m. Click here for his page: [J.C. Terrazas](#)

