

Collin College June 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Physical health



4

5

6

Chair Yoga

♥ Yoga
🕒 12 min

7

Stretch and Strength

♥ Snack
🕒 20 min

8

Why Form Matters

👤 Live Event
Technique Tips
11 a.m. CST

9

Strength Fit

♥ Free Weights
🕒 34 min

10

Walking

♥ Walking, cardio
🕒 11 min

11

Movement Break

♥ Stretch and restore
🕒 12 min

12

Mental Health

♥ Improvement
🕒 20 min

13

Gentle Yoga

♥ Yoga
🕒 20 min

14

Dance Fitness

♥ Dance
🕒 33 min

15

Standing Abs

♥ Yoga
🕒 15 min

16

Low Impact

♥ Cardio
🕒 40 min

17

Strength

♥ Arms, Strength
🕒 11 min

18

Stretch

♥ Stretch and restore
🕒 30 min

19

Mental Health

♥ Mindfulness
🕒 26 min

20

Yoga

♥ Yoga
🕒 20 min

21

Gut Health

♥ Nutrition Education
🕒 29 min

22

Fit Camp

♥ Low Impact
🕒 29 min

23

Stretch and Mobility

♥ Stretch and Restore
🕒 32 min

24

Strength

♥ Strength
🕒 14 min

25

Arms

♥ Strength
🕒 16 min

26

Strength Workout

♥ Muscular Endurance
🕒 8 min

27

Yoga

♥ Yoga
🕒 12 min

28

Low Impact

♥ Bodyweight
🕒 22 min

29

Core Food Groups

👤 Live Event
Nutrition Education
11 a.m. CST

30

You Sweat

♥ Cardio
🕒 35 min



★ 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](#)