

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 <u>Goal Setting</u> ♥ Health Coaching 🕒 6 min	4 <u>Meditation</u> ♥ Mindfulness 🕒 13 min	5 ★ <u>Yoga</u> ♥ Stress Management 🕒 60 min	6 ★ <u>Mental Health</u> ♥ Educational 🕒 3 min	7  <u>User Event</u> 12 PM EST	8 <u>Cardio</u> ♥ Abs, Cardio, Strength 🕒 48 min	9 ★ <u>Kettlebell</u> ♥ Strength 🕒 37 min
10 <u>Financial Wellbeing</u> ♥ Educational 🕒 10 min	11 <u>Meditation</u> ♥ Mindfulness 🕒 12 min	12 <u>Yoga</u> ♥ Beginner Yoga 🕒 39 min	13  <u>User Event</u> 12 PM EST	14 ★ <u>Cardio</u> ♥ Step Cardio 🕒 42 min	15 <u>Nutrition</u> ♥ Healthy Recipe 🕒 8 min	16 ★ <u>Strength</u> ♥ Bodyweight 🕒 26 min
17 <u>Goal Setting</u> ♥ Educational 🕒 8 min	18 <u>Self-Care</u> ♥ Educational 🕒 9 min	19 <u>Yoga</u> ♥ Gentle Yoga 🕒 50 min	20 <u>Nutrition</u> ♥ Healthy Recipe 🕒 22 min	21 ★ <u>Cardio</u> ♥ Cardio, Dance 🕒 24 min	22 ★ <u>Mindfulness</u> ♥ Mental Health 🕒 7 min	23 <u>Strength</u> ♥ Cardio, Strength 🕒 53 min
24 <u>Mental Health</u> ♥ Stress Management 🕒 5 min	25 <u>Mindfulness</u> ♥ Life Coaching 🕒 9 min	26 <u>Yoga</u> ♥ Beginner Yoga 🕒 4 min	27 <u>Nutrition</u> ♥ Healthy Recipe 🕒 6 min	28 ★ <u>Cardio</u> ♥ Bootcamp 🕒 58 min	29 <u>Blood Sugar</u> ♥ Educational 🕒 10 min	30 ★ <u>Strength</u> ♥ Boxing, Abs 🕒 20 min
31 <u>Goal Setting</u> ♥ Educational 🕒 15 min						

Goal setting

★ December 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](#)

♥ Monthly Challenge

Participate in at least one invigorating Burnalong class focused on goal setting. After your class, take a moment to set your health and wellness goals for the upcoming year

★ Featured Partner