

# April

04/2024

burnalong®



## April playlist

Spring into wellness by connecting with nature, managing your stress, and fun movement!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p><u>Meditation</u></p> <p>♥ Mindfulness 🕒 6 min</p>	<p>2</p> <p><u>Yoga</u></p> <p>♥ Stretch &amp; restore 🕒 39 min</p>	<p>3</p> <p><u>Nutrition</u></p> <p>♥ Educational 🕒 7 min</p>	<p>4</p> <p><u>User Event</u> 12:00pm</p>	<p>★</p> <p>5</p> <p><u>Educational</u></p> <p>♥ Mental health 🕒 5 min</p>	<p>6</p> <p><u>Pilates</u></p> <p>♥ Abs, mindfulness 🕒 50 min</p>	<p>7</p> <p><u>Educational</u></p> <p>♥ Physical therapy 🕒 4 min</p>
<p>8</p> <p><u>Mindfulness</u></p> <p>♥ Stress management 🕒 4 min</p>	<p>9</p> <p><u>Yoga</u></p> <p>♥ Stretch &amp; restore 🕒 31 min</p>	<p>10</p> <p><u>User Event</u> 12:00pm</p>	<p>11</p> <p><u>Cardio</u></p> <p>♥ Dance 🕒 52 min</p>	<p>12</p> <p><u>Educational</u></p> <p>♥ Occupational health 🕒 8 min</p>	<p>13</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 12 min</p>	<p>14</p> <p><u>Educational</u></p> <p>♥ Financial wellbeing 🕒 4 min</p>
<p>15</p> <p><u>Mindfulness</u></p> <p>♥ Life coaching 🕒 9 min</p>	<p>16</p> <p><u>Yoga</u></p> <p>♥ Women's health 🕒 19 min</p>	<p>17</p> <p><u>Nutrition</u></p> <p>♥ Educational 🕒 3 min</p>	<p>18</p> <p><u>User Event</u> 12:00pm</p>	<p>19</p> <p><u>Educational</u></p> <p>♥ Men's health 🕒 21 min</p>	<p>20</p> <p><u>Strength</u></p> <p>♥ Bodyweight 🕒 12 min</p>	<p>21</p> <p><u>Educational</u></p> <p>♥ Healthy eating 🕒 7 min</p>
<p>22</p> <p><u>Life Coaching</u></p> <p>♥ Stress management 🕒 4 min</p>	<p>★</p> <p>23</p> <p><u>Yoga</u></p> <p>♥ Mindfulness 🕒 20 min</p>	<p>★</p> <p>24</p> <p><u>Nutrition</u></p> <p>♥ Healthy eating 🕒 5 min</p>	<p>25</p> <p><u>Cardio</u></p> <p>♥ Dance 🕒 12 min</p>	<p>26</p> <p><u>Educational</u></p> <p>♥ Parkinson's 🕒 11 min</p>	<p>★</p> <p>27</p> <p><u>Strength</u></p> <p>♥ Bootcamp 🕒 38 min</p>	<p>28</p> <p><u>Educational</u></p> <p>♥ Life coaching 🕒 5 min</p>
<p>29</p> <p><u>Mindfulness</u></p> <p>♥ Meditation 🕒 7 min</p>	<p>★</p> <p>30</p> <p><u>Yoga</u></p> <p>♥ Meditation 🕒 60 min</p>					

★ Featured Partner