

MAY – MENTAL HEALTH MONTH 2024

WEEKLY SCHEDULE:
MAY 6TH – MAY 31ST
**TIME ZONE USA EASTERN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	OFFERINGS
STRETCH & RECOVERY 9:00 am – 9:30 am MS Teams: 221 982 418 462 Coach Amanda	CHAIR YOGA 10:00 am – 10:15 am MS Teams: 285 494 147 121 Coach Adrian	STRETCH & RECOVERY 9:00 am – 9:15 am MS Teams: 221 982 418 462 Coach Jada	CHAIR YOGA 10:00 am – 10:15 am MS Teams: 285 494 147 121 Coach Adrian	STRETCH & RECOVERY 9:00 am – 9:30 am MS Teams: 221 982 418 462 Coach Jewel	Mindful Meditation Take a quick break from your day with this 15-minute break. Join a guided meditation session focused on breathing and mindset techniques.
MINDFUL MEDITATION 11:15 am – 11:30 am MS Teams: 275 778 107 202 Coach Adrian					Stretch & Recovery Need a break but can't make it to the fitness center? This class consists of gentle stretching that will help you achieve better posture and flexibility.
				STRETCH & RECOVERY 2:00 pm – 2:15 pm MS Teams: 251 677 800 396	
		MINDFUL MEDITATION 3:00 pm – 3:15 pm MS Teams: 243 105 033 802 Coach Adrian	MINDFUL MEDITATION 2:00 pm – 2:15 pm MS Teams: 250 497 309 592 Coach Jada	STRETCH & RECOVERY 3:00 pm – 3:30 pm MS Teams: 265 461 832 187 Coach Amanda	Chair Yoga This gentle stretching session is ideal for all ages and abilities. Increase your mobility and take a break without having to leave the comfort of your chair.
MINDFUL MEDITATION 6:15 pm – 6:30 pm MS Teams: 232 380 477 604 Coach Jada	STRETCH & RECOVERY 5:00 pm – 5:15 pm MS Teams: 298 734 718 869 Coach Joey		STRETCH & RECOVERY 5:00 pm – 5:30 pm MS Teams: 298 734 718 869 Coach Gilbert		

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MEET YOUR EXOS COACHES



Program Manager

Coach Amanda

Phoenix, AZ

"The best workout is the one you do."



Health Fitness Specialist

Coach Adrian

Charlotte, NC

"It's not about being better than someone else, it's about being better than you used to be"



Health Fitness Specialist

Coach Joey

Charlotte, NC

"Never Give Up."



Health Fitness Specialist

Coach Jewel

Phoenix, AZ

"Pain doesn't tell you when you ought to stop. Pain is the little voice in your head that tries to hold you back because it knows if you continue you will change."
-Kobe Bryant



Health Fitness Specialist

Coach Jada

Charlotte, NC

"You did not wake up today to be mediocre."
- Robin Arzon



Health Fitness Specialist

Coach Gilbert

Tempe, AZ

"Doubt is only removed by action. If you are not working. That is when doubt comes in."