






2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|-----------|
| 2 Empowered Health Explorers - 12pm “Don’t Die Documentary” | 3 | 4 Control Sugar – Libre – webinar 10:15am Group Coach Connection - 12:30pm | 5 Coach Connect – Food Matters w/Mindy –12pm “How Stress & Blood Sugar Imbalance affect Men’s Health” | 6 |
| 9 | 10 | 11 Group Coach Connection –12:30pm Synergee Mind-S.E.T. Connection –1pm | 12 | 13 |
| 16 | 17 Coach Connect – Ryan - 5pm “Travel Tips” | 18 Group Coach Connection - 12:30pm Understanding Your Labs -1pm Monthly VIP Class – 4:15pm | 19 Foundational What Why and How –8:30am | 20 |
| 23 Fun In Your Kitchen - 4pm – “BBQ” | 24 | 25 Group Coach Connection 12:30pm | 26 | 27 |
| 30 | | | | |

Monthly Classes: Are open to our TNT Program Clients. To RSVP to any of these classes please send to scheduling@tntfit4life.com

Weekly Group Connections: You'll receive weekly invitations to these Connections via email from Bodysite. You can join the sessions from any device, whenever it fits into your schedule.

June’s Theme: Men’s Health

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|--|----------------------------------|---|--|
|  | Lori Esarey, APRN Provider |  | Ryan M, Health Coach |
|  | Mindy Gray, Registered Dietitian |  | Debbie Bookman, Health Coach |
| | |  | Karen Stange, Licensed Mental Health Counselor |