





2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Empower Health Explorers - 12pm Discussion of The Earthing Movie"	6	7 Control Sugar Control Everything –12pm Group Coach Connection –12:30pm	8 Coach Connect – Food Matters w/Mindy - 12pm "Fueling Creativity-Food and Habits for Brain Health."	9
12 Foundational What, Why & How 12:30pm	13	14 Group Coach Connection– 12:30pm Mind-S.E.T. Connection with Karen –1pm	15	16
19	20 Coach Connect – Ryan- 12pm "Ways to Stop All or None Thinking"	21 Group Coach Connection –12:30pm Understanding Your Labs –1:30pm	22 Fun In Your Kitchen- 4pm "Potluck Side Dishes"	23
26 CLOSED FOR MEMORIAL DAY	27	28 Group Coach Connection –12:30pm VIP Class – 4:15pm	29	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.

May's Theme: Creativity "Creativity is intelligence having fun!" – Albert Einstein

 Lori Esarey, APRN Provider
 Mindy Gray, Registered Dietitian

 Ryan M, Health Coach
 Debbie Bookman, Health Coach

 Karen Stange, Licensed Mental Health Counselor