**Joyful June **

Welcome to "Joyful June"! This month, we focus on enhancing our mental well-being through fitness and fostering a supportive gym community. By participating in various fitness classes and engaging with workout buddies, we aim to create a joyful and motivating atmosphere. Join us for a month of fun, friendship, and fitness!

**1. Mindful Movement (Week 1)**

* Attend a fitness classes focusing on mindful exercises such as yoga and Pilates.

**2. Buddy Boost (Week 2)**

* Work out with a new gym buddy for at least 3 sessions.

**3. Resistance (Week 3)**

* Participate in a circuit style resistance-based fitness class like Flexi-Fit, Bodburner, Sculpt or Saturday Strength and Stretch.

**4. Fitness Fun (Week 4)**

* Participate in a high energy fitness class like Flexi-Fit or HIIT Fit.

**Buddy Workout: Power Pair Circuit**

The Power Pair Circuit combines strength, cardio, and functional movements. Each exercise is performed in pairs, ensuring mutual support and motivation throughout the session.

**Duration**: 60 minutes

Equipment Needed: Resistance bands, Medicine balls, Dumbbells, Mats

**Warm-Up** (10 minutes):

**Dynamic Stretches**:

High knees / Butt kicks / Arm circles / Leg swings / Partner Warm-Up Drill:

* ***High-Five Squats***: Stand facing each other, squat simultaneously, and high-five at the bottom of the squat. (2 minutes)
* ***Medicine Ball Pass*:** Stand a few feet apart, passing a medicine ball back and forth while twisting your torso. (2 minutes)
* ***Partner Jog***: Jog side-by-side around the gym or in place if space is limited. (3 minutes)

**Main Circuit (40 minutes):**

Instructions: Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete the circuit 3 times, resting for 2 minutes between each round.

Partner Squat and Press:

Exercise: Stand back-to-back with your partner. Simultaneously squat down, then as you stand up, pass a medicine ball overhead to your partner.

Muscles Worked: Legs, shoulders, core.

Resistance Band Sprints:

Exercise: One partner holds a resistance band around their waist, while the other holds the ends, providing resistance. The person with the band sprints forward against the resistance.

Muscles Worked: Legs, glutes, core.

Plank High-Fives:

Exercise: Both partners get into a plank position facing each other. Alternate lifting one hand to high-five each other.

Muscles Worked: Core, shoulders, chest.

Partner Push-Ups:

Exercise: Face each other in a push-up position. Perform a push-up and clap one hand with your partner at the top of each rep.

Muscles Worked: Chest, triceps, core.

Medicine Ball Russian Twists:

Exercise: Sit back-to-back with your partner. Pass a medicine ball from side to side, twisting your torso to hand it off.

Muscles Worked: Obliques, core.

Partner Lunges with Pass:

Exercise: Stand facing each other. Lunge back with one leg while passing a medicine ball under your front leg to your partner.

Muscles Worked: Legs, glutes, core.

Resistance Band Rows:

Exercise: Face each other with a resistance band looped around a stable object. Each partner holds an end and performs a row, pulling the band towards their chest.

Muscles Worked: Back, biceps, core.

**Cool Down (10 minutes):**

Partner Stretches:

Seated Forward Fold: Sit facing each other, legs extended and feet touching. Hold hands and gently pull each other forward.

Quad Stretch: Stand and hold each other's shoulders for balance. Take turns pulling one foot to your glute for a quad stretch.

Back Stretch: Stand back-to-back, link arms, and gently lean forward to stretch the back.

Deep Breathing:

Sit or lie down comfortably. Take deep breaths together, focusing on a slow inhale and exhale to calm the heart rate.

Notes: Modify exercises as needed for different fitness levels. Stay hydrated and have fun!