

HEALTH & FITNESS

10AM & 6PM Monday - Friday	"ProjectMOVE WOD"
FB Live	A follow-along Live Workout delivered from one of 6 certified and highly qualified ProjectMOVE coaches. Current members of ProjectMOVE & Axistence can also join in via Zoom and receive coaching and cues on all the movements throughout the WOD.
Zoom	

7AM, Noon, & 5PM Monday - Friday	"Axistence WOD"
FB Live	A follow-along Live Workout delivered from one of 4 certified and highly qualified Axistence coaches. Current members of ProjectMOV & Axistence can also join in via Zoom and receive coaching and cues on all the movements throughout the WOD.
Zoom	

5AM & 8PM	"Whiteboard Video Releases"
PM Members	Each day, a 2-5min whiteboard video detailing the workout of the day, will be released so you can accomplish it at your own convenience.
Axistence Members	

ALL DAY	"Live WOD Reruns"
PM Members	Recordings of all the live sessions are available for you to workout to. Pick the workout you want, from your favorite coach, and follow along!
Axistence Members	

Wellness & Self Care

7 PM - Wednesday 8 AM - Friday 5 PM - Saturday	"Mobility & Self Care with Dr. Missy (Physical Therapist)"
FB Live	Join Dr. Missy Albrecht, a physical therapist who actually lifts, as she takes you through a movement and self care flow to restore and prep your body for whatever you need it to do.
Reruns	

9:30 AM - Saturday	"Recovery & Mobility with Tif (Physical Therapist Assistant)"
Zoom	Join Physical Therapy Assistant and Axistence Coach, Tiffani Guinn, as she takes you through a follow-along recovery session to get you feeling awesome.

8:00 PM - M, W, F	"Jake's Recovery Tip"
PM Members	Look out for Jake's Tip! An Axistence Coach and future Physical Therapy Program Graduate, Jake will give you the advice you need on joint health, recovery, and exercises to make you feel better.
Axistence Members	

EDUCATION & ENTERTAINMENT

7:30 AM Tuesday	"Coffee Talk with Marguerite"
FB Live	Join Marguerite as she discusses different techniques to stay motivated and inspired in every aspect of life. Each week she will ask members for two topics in anything they need motivation with, and will discuss what you need to do to crush your day..and ultimately...your life!
Zoom	

9:30 AM Friday	"Nutrition Q&A with Ryan"
FB Live	Join Ryan as he meal preps (or just makes breakfast) and ask him any questions you have on nutrition, macros, meal prep, or whatever comes to mind. Learn the tips and tricks he's crafted from over 10 years in the fitness industry.

7:10 PM Friday	"Drunken Reet's Eats"
FB Live	A cook-along show featuring a slightly inebriated Marguerite Beckingham. After crowdsourcing a recipe, Marguerite will have a few drinks and cook along with you via Zoom. Recipe will be chosen in advance, so you will be able to pick up the ingredients and cook along side this Chef in the making!
Zoom	

8:00 PM Sunday	"Cooking with Rad Max"
Ryan's FB	A pandemic is no time to be slacking in the kitchen! In his apocalyptic cooking show, Rad Max (one of many alter egos of Coach Ryan) will walk you through some of his favorite recipes. Dropping nutrient dense knowledge bombs (and possibly a few F Bombs) along the way, get ready for a culinary experience unlike anything you've experienced!

7:30 PM Friday	"Axistence Happy Hour"
FB Live	A time when the community can get together and relax, have a good time, etc..
Zoom	