



# JOIN US FOR OUR HEALTH CHALLENGE

Shape, Tone and Rebalance your entire body!

## Week 1

### DAY 1

**Beginners:** Classical Stretch Season 11 Episode 1: "Full Body Workout", all standing (23 min)

**Regular:** Classical Stretch Season 10 Episode 1: "Waist slenderizing", all standing (23 min)

### DAY 2

**Beginners:** Aging Backwards for Beginners: "Bone Strengthening" standing and barre (30 min)

**Regular:** Body Sculpting: "Arm Blast & Posture Boost", standing and barre (30 min)

### DAY 3

**Beginners:** Pain Relief Workout: "Rebalancing", standing and floor (30 min)

**Regular:** Stretch and Strength in Motion: "Core and Legs", all standing (25 min)

### DAY 4

**Both Groups:** Ultimate Stretch Workouts: "Muscle Release", standing and floor (30 min)

### DAY 5

**Beginners:** Classical Stretch Season 11 Episode 11: "Spine Strengthening", standing and floor (23 min)

**Regular:** Classical Stretch Season 11 Episode 3: "Weight-loss", standing and floor (23 min)

### DAY 6

**Beginners:** Toning for Beginners: "Full Body Toning and Floor Work", standing and floor (30 min)

**Regular:** Classical Stretch Season 10 Episode 8: "Triceps & Arms", standing and floor (23 min)

### DAY 7:

**Both Groups:** Pain-Relief Workouts: "Full Body Pain-Relief Workout", standing and barre (30 min)

## Week 2

### DAY 8

**Beginners:** Ultimate Stretch Workouts: "Relieve: Shoulder Pain and Tension", standing and barre (15 min) + Stretch Psoas, IT Band and Hips, standing and barre (15 mins)

**Regular:** Barre Workout: "Barre Standing and Barre Tone + Barre Stretch or Floor Stretch", standing, floor and barre (total 37 - 45 min)

### DAY 9

**Beginners:** Classical Stretch Season 8 Episode 25: "Feet and Ankles", standing and floor (23 min)

**Regular:** Vintage Legs and Butt: "Legs and Butt", standing and floor (30 min)

## DAY 10

**Beginners:** Toning for Beginners: "Full Body Toning and Floor Work", standing and floor (30 min)

**Regular:** Ultimate Stretch Workouts: "Muscle Release", standing and floor (30 min)

## DAY 11

**Both Groups:** Ultimate Stretch Workouts: "Muscle Activation", standing and barre (30 min)

## DAY 12

**Beginners:** Classical Stretch Season 11 Episode 15: "Arthritis Pain Relief and Prevention", standing and barre (23 min)

**Regular:** Classical Stretch Season 9 Episode 13: "Strengthen Spine and Improve Posture", standing and floor (23 min)

## DAY 13

**Beginners:** Toning for Beginners: "Full Body Toning and Barre Work", standing and barre (30 min)

**Regular:** Classical Stretch Season 10 Episode 21: "Calorie Burning", all standing (23 min)

## DAY 14

**Beginners:** Aging Backwards for Beginners: "Mobility", standing and floor (30 min)

**Regular:** Body Sculpting: "Ab Flattening & Waist Shaping" standing and floor, (30 min)

## Week 3

## DAY 15

**Both Groups:** Classical Stretch Season 9 Episode 21: "Spine Strength and Flexibility", all standing (23 min)

## DAY 16

**Beginners:** Classical Stretch Season 11 Episode 23: "Shoulder Pain", all standing (23 min)

**Regular:** Vintage Arms & Abs, Legs and Butt: "Arms and Abs", standing and Floor (30 min)

## DAY 17

**Beginners:** Toning for Beginners: "Full Body and Barre work", standing and barre (30 min)

**Regular:** Stretch and Strength in Motion: "Strengthen: Full Body Workout", all standing (25 min)

## DAY 18

**Beginners:** Aging Backwards for Beginners: "Posture", standing & floor (30 min)

**Regular:** Classical Stretch Season 10 Episode 7: "Power Up Your Legs", all barre (23 min)

## DAY 19

**Both Groups:** Classical Stretch Season 9 Episode 26: "Pain Prevention", all floor (23 min)

## DAY 20

**Beginners:** Strength and Stretch in Motion: "Upper Body and Hamstrings", standing and floor (25 min)

**Regular:** Classical Stretch Season 9 Episode 3: "Weight-Loss: Hips and Legs", standing and floor (23 min)

## Day 21

**Beginners:** Classical Stretch Season 10 Episode 25: "Deep Leg & Hip Flexibility", all barre (23 min)

**Regular:** Full Body Toning: "Full Workout", standing and floor (60 min)

## Week 4

### DAY 22:

**Beginners:** Aging backwards for Beginners: "Pain Relief", standing and barre (30 min)

**Regular:** Classical Stretch Season 10 Episode 3: "Spine Stretch for Posture", all standing (23 min)

### DAY 23

**Beginners:** Classical Stretch Season 8 Episode 14: "Unlock Your Hips", all floor (23 min)

**Regular:** Classical Stretch Season 8 Episode 6: "Lose a pant size", all standing (23 min)

### DAY 24

**Beginners:** Aging Backwards for Beginners: "Bone strengthening", standing and barre (30 min)

**Regular:** Classical Stretch Season 9 Episode 1: "Slenderize Your Core", standing and floor (23 min)

### DAY 25

**Both Groups:** Ultimate Stretch Workouts: "Muscle Release", standing and floor (30 min)

### DAY 26

**Beginners:** Classical Stretch Season 11 episode 21: "Arm toning" all standing (23 min)

**Regular:** Classical Stretch Season 10 Episode 27: "Feet and Ankle mobility", all barre (23 min)

### DAY 27

**Beginners:** Classical Stretch Season 9 Episode 5: "Feet and calf healing", standing and barre (23 min)

**Regular:** Classical Stretch Season 11 Episode 26: "Hips and Hamstrings", all barre (23 min)

### DAY 28

**Beginners:** Pain Relief Workout: "Full Body Rebalancing Pain Relief Workout", standing & Floor (30 min)

**Regular:** Vintage Full Body Workout: "Full Body Workout", standing and floor (60 min)

### DAY 29

**Both Groups:** Ultimate Stretch Workouts: "Muscle Activation", standing and barre (30 min)

### DAY 30

**Beginners:** Toning for Beginners: "Full Body Toning and Floor Work, standing and floor (30 min)

**Regular:** Classical Stretch Season 10 Episode 10: "Zero impact cardio", all standing (23 min)