

30 DAY HEALTH CHALLENGE

SHAPE UP FOR SUMMER!

DAY 1

REGULAR | Classical Stretch Season 10 episode 23: Lengthen and Strengthen your Core. (all standing)

BEGINNER | Classical Stretch Season 11 episode 4: Full Body flexibility (all standing)

DAY 2

REGULAR | Body Sculpting series: Arm Blast & Posture Boost (standing & barre)

BEGINNER | Classical Stretch Season 11 episode 2: Posture Workout Miranda

DAY 3

REGULAR | Essentrics TV exclusive 30-minute waist toning with Gail + Essentrics TV exclusive 10 minute Butt toning with Megan (standing & floor)

BEGINNER | Age Reversing Workouts: Mobility workout (standing & floor)

DAY 4

BOTH GROUPS | Toning for Beginners, Full Body Toning & Floor work Sahra (standing & floor)

Day 5

REGULAR | Classical Stretch Season 10 Episode 1: Waist slenderizing (all standing)

BEGINNER | Classical Stretch Season 11 Episode 1: Full Body Workout (all standing)

Day 6

REGULAR | Class of 2012 (standing, floor, barre)

BEGINNER | Toning for Beginners, Full Body toning (standing & barre)

Day 7

REGULAR | Essentrics TV exclusive Core & Abs with Megan (standing & floor)

BEGINNER | Classical Stretch Season 11 episode 20: Quad Lengthening & Strengthening

Day 8

BOTH GROUPS | Classical Stretch Season 11 episode 23 Shoulder Pain (all standing)

Day 9

REGULAR | Barre workout: Standing, Floor toning, Floor Stretch, barre tone, barre Stretch.

BEGINNER | Classical Stretch Season 11 Episode 8: Back Pain Relief (all standing)

Day 10

REGULAR | Classical Stretch Vintage: Vintage Arms & Abs (standing & floor)

BEGINNER | Aging Backwards Posture (standing & floor)

Day 11

REGULAR | Classical Stretch Season 10 Episode 6 Anti-Aging (all standing)

BEGINNER | Classical Stretch Season 11 Episode 13 Bone Strengthening (all standing)

Day 12

BOTH GROUPS | Classical Stretch Season 11 episode 19 feet & Calf workout

Day 13

REGULAR | Full Body Toning Sahra (standing & floor)

BEGINNER | Toning for Beginners, Full Body Toning & Floor work (standing & floor)

Day 14

REGULAR | Season 9 episode 9 Posture workout (standing & barre)

BEGINNER | Aging Backwards: Pain Relief (standing & barre)

Day 15

REGULAR | Body Sculpting series: Ultimate leg sculptor (standing & floor)

BEGINNER | Classical Stretch Season 11 Episode 11: Spine Strengthening (standing & floor)

Day 16

BOTH GROUPS | Classical Stretch Season 11 episode 25: Spine Strengthening & Pain relief

Day 17

REGULAR | Strength & Stretch in Motion: Full Body workout + Essentrics TV exclusive Butt toning with Megan
+ Essentrics TV exclusive Hip stretch with Megan (standing & floor)

BEGINNER | Toning for Beginners: Full Body Toning & Barre Work (standing & barre)

Day 18

REGULAR | Classical Stretch Season 10 episode 21 Calorie burning Workout (all standing)

BEGINNER | Classical Stretch Season 11 episode 23 Shoulder Pain (all standing)

Day 19

REGULAR | Classical Stretch Vintage: Full body Workouts (standing & floor)

BEGINNER | Aging Backwards: Bone Strengthening (standing & floor)

Day 20

BOTH GROUPS | Classical Stretch Season 11 Episode 9 Hip & Leg Flexibility (standing & barre)

Day 21

REGULAR | Strength & Stretch in Motion Core and Legs
+ Essentrics TV exclusive 10-minute quad stretch with Amanda (standing and floor)

BEGINNER | Toning for Beginners, Full Body Toning & Floor work Sahra (standing & floor)

Day 22

REGULAR | Classical Stretch Season 10 episode 6 Anti-Aging (all standing)

BEGINNER | Classical Stretch Season 11 Episode 4 Full Body Flexibility (all standing)

Day 23

REGULAR | Body Sculpting Series: Arm Blast and Posture boost (standing & barre)

BEGINNER | Classical Stretch Season 11 Episode 12 Boost Your Energy (standing and barre)

Day 24

BOTH GROUPS | Age Reversing Workouts: Pain Relief (standing & barre)

Day 25

REGULAR | Full Body Toning (standing and floor) Sahra

BEGINNER | Age Reversing Workouts: Mobility workout (standing & floor)

Day 26

REGULAR | Classical Stretch Season 10 Episode 18: Full Body Toning (all standing)

BEGINNER | Classical Stretch Season 11 Episode 30: Increase Balance (all standing)

Day 27

REGULAR | Body Sculpting Series: Ab Flattening & Waist Shaping (standing & floor)

BEGINNER | Toning for Beginners: Full Body Toning & Barre Work (standing & barre)

Day 28

BOTH GROUPS | Classical Stretch Season 11 Episode 2: Posture Workout (standing & barre)

Day 29

REGULAR | Classical Stretch Season 10 Episode 15: Fingers and Hands (all standing)

BEGINNER | Classical Stretch Season 11 Episode 6: Knee strengthening (standing & barre)

Day 30 yay!

REGULAR | Class of 2012 (standing, floor & barre)

BEGINNER | Classical Stretch Season 11 episode 28: Weight-Loss (all standing)