

# 30s

## 21-DAY CHALLENGE



S STANDING   
 F FLOOR   
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Monday Jan. 11 <sup>th</sup>	Tuesday Jan. 12 <sup>th</sup>	Wednesday Jan. 13 <sup>th</sup>	Thursday Jan. 14 <sup>th</sup>	Friday Jan. 15 <sup>th</sup>	Saturday Jan. 16 <sup>th</sup>	Sunday Jan. 17 <sup>th</sup>
<b>NEW 30s Workout</b> <b>Total Body Strength &amp; Flexibility</b> with Meg Feeney <span>S</span> <span>F</span> ⌚ 30min	<b>Full Body Toning</b> with Sahra Esmonde-White <span>S</span> <span>F</span> ⌚ 60min	<b>LIVE CLASS</b> 10:15AM EST with Amanda Cyr ⌚ 30min	<b>Cardio Workout</b> with Alexa Leon <span>S</span> <span>B</span> ⌚ 35min	<b>Waist Toning</b> with Gail Garceau <span>S</span> ⌚ 30min	<b>Full Body Deep Stretch</b> with Amanda Cyr <span>S</span> <span>F</span> ⌚ 30min	<b>Cardio Blast</b> with Sasha Alcoloumbre <span>S</span> <span>F</span> ⌚ 45min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Monday Jan. 18 <sup>th</sup>	Tuesday Jan. 19 <sup>th</sup>	Wednesday Jan. 20 <sup>th</sup>	Thursday Jan. 21 <sup>st</sup>	Friday Jan. 22 <sup>nd</sup>	Saturday Jan. 23 <sup>rd</sup>	Sunday Jan. 24 <sup>th</sup>
<b>NEW 30s Workout</b> <b>Total Body Strength &amp; Flexibility</b> with Meg Feeney <span>S</span> <span>F</span> ⌚ 30min	<b>Arm Blast &amp; Posture Boost</b> with Sahra Esmonde-White <span>S</span> <span>B</span> ⌚ 30min	<b>LIVE CLASS</b> 10:15AM EST with Amanda Cyr ⌚ 30min	<b>Season 13 Ep.05: Energy Boosting</b> with Meg Feeney <span>S</span> <span>F</span> ⌚ 23min	<b>Toning &amp; Sculpting</b> with Alexa Leon <span>S</span> ⌚ 30min	<b>Muscle Activation Workout</b> with Sahra Esmonde-White <span>S</span> <span>F</span> <span>B</span> ⌚ 30min	<b>Joint Pain Relief</b> with Gail Garceau <span>S</span> <span>B</span> ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Monday Jan. 25 <sup>th</sup>	Tuesday Jan. 26 <sup>th</sup>	Wednesday Jan. 27 <sup>th</sup>	Thursday Jan. 28 <sup>th</sup>	Friday Jan. 29 <sup>th</sup>	Saturday Jan. 30 <sup>th</sup>	Sunday Jan. 31 <sup>st</sup>
<b>NEW 30s Workout</b> <b>Total Body Strength &amp; Flexibility</b> with Meg Feeney <span>S</span> <span>F</span> ⌚ 30min	<b>Full Body Strengthening</b> with Amanda Cyr <span>S</span> <span>F</span> ⌚ 35min	<b>LIVE CLASS</b> 10:15AM EST with Amanda Cyr ⌚ 30min	<b>Barre Workout</b> with Sahra Esmonde-White <span>S</span> <span>F</span> <span>B</span> ⌚ 60min	<b>Total Body Tone</b> with Gail Garceau <span>S</span> <span>F</span> ⌚ 40min	<b>Season 10 Ep.10: Zero Impact Cardio</b> with Meg Feeney <span>S</span> ⌚ 23min	<b>Muscle Release Workout</b> with Sahra Esmonde-White <span>S</span> <span>F</span> ⌚ 30min