

# Your 50s

## 21-Day Challenge

S STANDING   
 F FLOOR   
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>INTRO to the 50s</b> <b>Increase your Energy &amp; Mobility</b> with Miranda Esmonde-White <span>S F B</span> ⌚ 34min	<b>Season 14 Ep.15: Zero Impact Cardio</b> with Miranda Esmonde-White <span>S</span> ⌚ 23min	((📍)) <b>LIVE CLASS</b> <b>9:30AM EST</b> ⌚ 30min	<b>Energy Boost &amp; Mobility</b> with Miranda Esmonde-White <span>S F</span> ⌚ 39min	<b>Leg Activation</b> with Amanda Cyr <span>S F</span> ⌚ 35min	<b>Strength: Full Body Workout</b> with Sahra Esmonde-White <span>S</span> ⌚ 25min	<b>Season 14 Ep.2: Hamstring Stretch</b> with Miranda Esmonde-White <span>S B</span> ⌚ 23min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>Class of 2012</b> with Sahra Esmonde-White <span>S F B</span> ⌚ 60min	<b>Season 11 Ep.7: Spine Mobility</b> with Miranda Esmonde-White <span>S</span> ⌚ 23min	((📍)) <b>LIVE CLASS</b> <b>9:30AM EST</b> ⌚ 30min	((📍)) <b>LIVE CLASS</b> <b>9:30AM EST</b> ⌚ 30min	<b>Season 13 Ep.5: Energy Boosting</b> with Miranda Esmonde-White <span>S F</span> ⌚ 23min	<b>Core Strengthening Workout</b> with Miranda Esmonde-White <span>S B</span> ⌚ 23min	<b>Relaxation Workout</b> with Alexa Leon <span>S F</span> ⌚ 30min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>Full Body Toning &amp; Energizing</b> with Sasha Alcoloumbre <span>S F B</span> ⌚ 60min	<b>Ab Flattening &amp; Waist Shaping</b> with Sahra Esmonde-White <span>S F</span> ⌚ 30min	((📍)) <b>LIVE CLASS</b> <b>9:30AM EST</b> ⌚ 30min	<b>Waist Toning</b> with Gail Garceau <span>S</span> ⌚ 30min	<b>Energy Boost &amp; Mobility</b> with Miranda Esmonde-White <span>S B</span> ⌚ 36min	<b>Season 11 Ep.10: Mobility</b> with Miranda Esmonde-White <span>S</span> ⌚ 23min	<b>Muscle Release Workout</b> with Sahra Esmonde-White <span>S F</span> ⌚ 30min