

Your 60s

21-Day Challenge

S STANDING
 F FLOOR
 B BARRE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
((📺)) LIVE CLASS 8:30AM EST ⌚ 30min	INTRO to the 60s Alignment & Pain Relief with Miranda Esmonde-White S B ⌚ 34min	Muscle Activation Workout with Sahra Esmonde-White S F B ⌚ 30min	Alignment & Pain Relief with Miranda Esmonde-White S B ⌚ 30min	((📺)) LIVE WORKSHOP 9:30AM EST ⌚ 30min	Body Reshaping & Posture with Amanda Cyr S B ⌚ 35min	Season 10 Ep.30: Stress Release with Miranda Esmonde-White S ⌚ 23min
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Season 12 Ep.7: Posture with Miranda Esmonde-White S B ⌚ 23min	Joint Pain Relief with Gail Garceau S B ⌚ 30min	Season 11 Ep.22: Spine Strengthening with Miranda Esmonde-White S F ⌚ 23min	Alignment & Pain Relief with Miranda Esmonde-White S B ⌚ 35min	((📺)) LIVE CLASS 8:30AM EST ⌚ 30min	Waist & Arm Lengthening with Amanda Cyr S B ⌚ 35min	Season 12 Ep.16: Relieve Neck Pain with Miranda Esmonde-White S F ⌚ 23min
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Season 14 Ep.2: Hamstring Stretch with Miranda Esmonde-White S B ⌚ 23min	Full Body Workout with Jenny Bertrand S ⌚ 30min	Stretch: Hips & Hamstrings with Sahra Esmonde-White S B ⌚ 30min	Alignment & Pain Relief with Miranda Esmonde-White S B ⌚ 30min	((📺)) LIVE CLASS 8:30AM EST ⌚ 30min	Muscle Release Workout with Sahra Esmonde-White S F ⌚ 30min	Tension Release with Meg Feeney S B ⌚ 30min