



# AM & PM

## 14-DAY WORKOUT PROGRAM

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Monday Sept. 12 <sup>th</sup>	Tuesday Sept. 13 <sup>rd</sup>	Wednesday Sept. 14 <sup>th</sup>	Thursday Sept. 15 <sup>th</sup>	Friday Sept. 16 <sup>th</sup>	Saturday Sept. 17 <sup>th</sup>	Sunday Sept. 18 <sup>th</sup>
 AM	<b>LIVE CLASS</b> 8:00AM EDT with Lauren Finkelstein S 25min	<b>Muscle Activation</b> with Sahra Esmonde-White S F B 30min	<b>LIVE CLASS</b> 8:00AM EDT with Alexa Leon S B 25min	<b>Boost Your Brain</b> with Miranda Esmonde-White S B 24min	<b>LIVE CLASS</b> 8:00AM EDT with Meg Feeney S B 25min	<b>Pre-Sport Activation</b> with Gail Garceau S F 20min	<b>AM Workout</b> with Meg Feeney S 16min
 PM	<b>LIVE CLASS</b> 7:00PM EDT with Gail Garceau S F B 35min	<b>Muscle Release</b> with Sahra Esmonde-White S F 30min	<b>LIVE CLASS</b> 7:00PM EDT with Julia Bentz S F 35min	<b>Pain Prevention</b> with Miranda Esmonde-White F 23min	<b>LIVE CLASS</b> 7:00PM EDT with Lauren Finkelstein S F 35min	<b>Stress Release</b> with Miranda Esmonde-White F 23min	<b>PM Workout</b> with Meg Feeney S F 20min
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Monday Sept. 19 <sup>th</sup>	Tuesday Sept. 20 <sup>th</sup>	Wednesday Sept. 21 <sup>st</sup>	Thursday Sept. 22 <sup>nd</sup>	Friday Sept. 23 <sup>rd</sup>	Saturday Sept. 24 <sup>th</sup>	Sunday Sept. 25 <sup>th</sup>
 AM	<b>LIVE CLASS</b> 8:00AM EDT with Lauren Finkelstein S 25min	<b>Full Body Workout</b> with Sahra Esmonde-White S 25min	<b>LIVE CLASS</b> 8:00AM EDT with Alexa Leon S B 25min	<b>Express Posture Workout</b> with Amanda Cyr S 17min	<b>LIVE CLASS</b> 8:00AM EDT with Meg Feeney S F 25min	<b>Full Body Strengthening</b> with Amanda Cyr S F 35min	<b>Boost Your Energy</b> with Miranda Esmonde-White S B 23min
 PM	<b>LIVE CLASS</b> 7:00PM EDT with Gail Garceau S F B 35min	<b>Relieve Neck Pain</b> with Miranda Esmonde-White S F 24min	<b>LIVE CLASS</b> 7:00PM EDT with Julia Bentz S F B 35min	<b>Stretch Shoulders, Upper Back &amp; Hamstrings</b> with Sahra Esmonde-White S F 25min	<b>LIVE CLASS</b> 7:00PM EDT with Lauren Finkelstein S B 35min	<b>Joint Pain Relief</b> with Gail Garceau S B 30min	<b>Relaxation Workout</b> with Alexa Leon S F 28min

STANDING  
 FLOOR  
 BARRE