

YOUR
20s
 Strength & Tone
 14-day Challenge

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|--|---|--|--|--|--|
| Monday Sept. 18 | Tuesday Sept. 19 | Wednesday Sept. 20 | Thursday Sept. 21 | Friday Sept. 22 | Saturday Sept. 23 | Sunday Sept. 24 |
| 20s Workout: Full Body Toning with Gail Garceau | Full Body Toning Workout with Alexa Leon | ((☉)) Live Class with Ellyn Ochs | Dynamic Strength with Gail Garceau | Arm & Ab Sculpting with Meg Feeney | Ultimate Leg Sculptor with Sahra Esmonde-White | Full Body Deep Stretch with Amanda Cyr |
| 30min SF | 30min AS | 8:45AM EST | 40min SBF | 35min SF | 30min SF | 30min SF |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| Monday Sept. 25 | Tuesday Sept. 26 | Wednesday Sept. 27 | Thursday Sept. 28 | Friday Sept. 29 | Saturday Sept. 30 | Sunday Oct. 1 |
| Full Body Toning & Energizing with Sasha Alcoloumbre | Waist Toning with Gail Garceau | Specialized 20s Class with Alexa Leon | Total Body Burn with Gail Garceau | Leg & Butt Sculpting with Meg Feeney | Specialized 20s Class with Gail Garceau | Tension Release with Meg Feeney |
| 60min SFB | 30min AS | 30min SF | 45min SF | 45min SBF | 40min SF | 30min SB |

S: STANDING | **B:** BARRE | **F:** FLOOR