

YOUR  
**30s**  
 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
<b>30s Workout: Total Body Strength &amp; Flexibility</b> with Meg Feeney	<b>Dynamic Strength</b> with Gail Garceau	<b>((o)) Live Class</b> with Alexa Leon	<b>Strength: Core &amp; Legs</b> with Sahra Esmonde-White	<b>Cardio &amp; Inner thigh</b> with Meg Feeney	<b>Toning &amp; Sculpting</b> with Alexa Leon	<b>Stretch: Hips &amp; hamstrings</b> with Sahra Esmonde-White
60min   SF	40min   SBF	8:00AM EST	25min   SF	35min   SF	30min   AS	25min   SB
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
<b>Total Body Tone</b> with Gail Garceau	<b>Arm Blast &amp; Posture Boost</b> with Sahra Esmonde-White	<b>Specialized 30s Class</b> with Amanda Cyr	<b>Calorie Burning &amp; Lower Body Sculpting</b> with Gail Garceau	<b>Body Reshaping &amp; Posture</b> with Amanda Cyr	<b>Ab Flattening &amp; Waist Shaping</b> with Sahra Esmonde-White	<b>Barre Tone &amp; Release</b> with Gail Garceau
40min   SF	30min   SB	30min   SF	30min   SF	35min   SB	30min   SF	45min   SBF

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