

YOUR
50s
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
((●)) Live Class with Meg Feeney	Season 10 Ep. 18: Full Body Toning with Miranda Esmonde-White	Season 14 Ep.09: Spine Strengthening with Miranda Esmonde-White	Specialized 50s Class with Jenny Bertrand	Arm Blast & Posture Boost with Sahra Esmonde-White	Season 14: Ep. 18: Waist Toning with Miranda Esmonde-White	Season 10 Ep. 09: Stress Release with Miranda Esmonde-White
8:45AM EST	23min AS	23min SF	30min SF	30min SB	23min SF	23min AF

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
((●)) Live Class with Meg Feeney	Season 11 Ep. 17: Toning & Slenderizing with Miranda Esmonde-White	Season 11 Ep. 13: Bone Strengthening with Miranda Esmonde-White	Core & Abs with Meg Feeney	Ultimate Leg Sculptor with Sahra Esmonde-White	Season 12 Ep. 29: Body Shaping with Miranda Esmonde-White	Joint Pain Relief with Gail Garceau
8:45AM EST	23min SF	23min AS	35min SF	30min SF	23min AS	30min SB

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