

YOUR  
**50s**  
 Strength & Tone  
 14-day Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
((●)) <b>Live Class</b> with Meg Feeney	<b>Season 10 Ep. 18:            Full Body Toning</b> with Miranda Esmonde-White	<b>Season 14 Ep.09:            Spine Strengthening</b> with Miranda Esmonde-White	<b>Specialized            50s Class</b> with Jenny Bertrand	<b>Arm Blast &amp;            Posture Boost</b> with Sahra Esmonde-White	<b>Season 14: Ep. 18:            Waist Toning</b> with Miranda Esmonde-White	<b>Season 10 Ep. 09:            Stress Release</b> 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
((●)) <b>Live Class</b> with Meg Feeney	<b>Season 11 Ep. 17:            Toning &amp;            Slenderizing</b> with Miranda Esmonde-White	<b>Season 11 Ep. 13:            Bone Strengthening</b> with Miranda Esmonde-White	<b>Core &amp;            Abs</b> with Meg Feeney	<b>Ultimate            Leg Sculptor</b> with Sahra Esmonde-White	<b>Season 12 Ep. 29:            Body Shaping</b> with Miranda Esmonde-White	<b>Joint            Pain Relief</b> with Gail Garceau
8:45AM EST	23min   SF	23min   AS	35min   SF	30min   SF	23min   AS	30min   SB

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