

Strengthening Series

14-DAY CHALLENGE | ADVANCED

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
•LIVE Class Gail Garceau	Upper Body Toning Alexa Leon	Full Body Strengthening Miranda Esmonde-White	Arm Blast & Posture Boost Sahra Esmonde-White	•LIVE Class Laurissa Manning	Lower Body Toning Meg Feeney	Joint Pain Relief Gail Garceau
8:30am EDT 45min	S F 30min	S F 23min	S B 30min	8:30am EDT 30min	S B F 30min	S B 30min

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Advanced Hip & Glute Strength Ellyn Ochs	Strength: Full Body Workout Sahra Esmonde-White	Dynamic Strength Gail Garceau	Core Strengthening Miranda Esmonde-White	•LIVE Class Laurissa Manning	Full Body Toning Alexa Leon	Muscle Release Workout Sahra Esmonde-White
S B F 50min	S 25min	S B F 40min	S B 23min	8:30am EDT 30min	S 30min	S F 30min

S

STANDING |

B

BARRE |

F

FLOOR

Click on the day in the calendar to be redirected to your class