

Strengthening Series

14-DAY CHALLENGE | BEGINNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Full Body Toning & Barre Sahra Esmonde-White	•LIVE Class Ellyn Ochs	Bone Strengthening Miranda Esmonde-White	Quad Lengthening & Strengthening Miranda Esmonde-White	•LIVE Class Laurissa Manning	Waist Toning Miranda Esmonde-White	Tension Release Meg Feeney
S B 30min	8:30am EDT 30min	S B 33min	S F 23min	8:30am EDT 30min	S F 23min	S B 30min

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body Toning & Floor Sahra Esmonde-White	•LIVE Class Ellyn Ochs	Spine Strength Miranda Esmonde-White	Hip Strengthening Bethanne Stufflebean	•LIVE Class Laurissa Manning	Strengthen the feet & legs Miranda Esmonde-White	Relax & Renew Workout Julia Bentz
S F 30min	8:30am EDT 30min	S 23min	S B 30min	8:30am EDT 30min	S 25min	S F 30min

S STANDING | B BARRE | F FLOOR

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