



Your 60s

21-DAY CHALLENGE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
• LIVE Class Miranda Esmonde-White	Season 1 Ep.07: Bone Strength Gail Garceau	Season 14 Ep.17: Improve Balance Miranda Esmonde-White	• LIVE Class Amanda Cyr	Alignment & Pain Relief Miranda Esmonde-White	Posture & Balance Bethanne Stufflebean	Joint Pain Relief Gail Garceau
8:00am EDT 30min	S B 23min	S 23min	8:00am EDT 30min	S B 34min	S 30min	S B 30min

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
• LIVE Class Miranda Esmonde-White	Core Stability Amanda Cyr	Release & Rebuild Your Fascia Miranda Esmonde-White	• LIVE Class Maude Desjardins	Season 13 Ep.12: Core Strengthening Miranda Esmonde-White	Full Body Toning & Barre Sahra Esmonde-White	Relaxation Workout Alexa Leon
8:00am EDT 30min	S F 33min	S B 30min	8:00am EDT 30min	S F 23min	S B 30min	S F 30min

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
• LIVE Class Miranda Esmonde-White	Season 1 Ep.05: Posture & Core Dyan DeCastro	Season 13 Ep.11: Improve Balance Miranda Esmonde-White	• LIVE Class Maude Desjardins	Arm Blast & Posture Boost Sahra Esmonde-White	Season 11 Ep.07: Spine Mobility Miranda Esmonde-White	Relax & Renew Workout Julia Bentz
8:00am EDT 30min	S 23min	S B 23min	8:00am EDT 30min	S B 30min	S 23min	S F 30min

S STANDING | B BARRE | F FLOOR

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