



Your 70s+

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.02: Connective Tissue Miranda Esmonde-White		Full Body Workout Jenny Bertrand		• LIVE Class Ellyn Ochs		Stimulate Your Brain Miranda Esmonde-White		Season 10 Ep.05: Improve Posture Miranda Esmonde-White		Tension Release Meg Feeney				
8:30am EDT	30min	S	B	23min	S	30min	8:30am EDT	30min	S	20min	S	B	23min	S	B	30min

WEEK 2

DAY 8		DAY 9		DAY 10		DAY 11		DAY 12		DAY 13		DAY 14						
• LIVE Class Miranda Esmonde-White		Season 1 Ep.08: Aging Backwards Dyan DeCastro		Increase your Range of Motion Miranda Esmonde-White		• LIVE Class Ellyn Ochs		Season 14 Ep.12: Spine Flexibility Miranda Esmonde-White		Season 14 Ep.17: Improve Balance Miranda Esmonde-White		Season 1 Ep.04: Stress Relief Ellyn Ochs						
8:30am EDT	30min	S		23min	S	F	35min	8:30am EDT	30min	S	F	23min	S		23min	S	F	25min

WEEK 3

DAY 15		DAY 16		DAY 17		DAY 18		DAY 19		DAY 20		DAY 21					
• LIVE Class Miranda Esmonde-White		Morning Routine Ellyn Ochs		Full Body Stretching Miranda Esmonde-White		• LIVE Class Ellyn Ochs		Season 11 Ep.23: Shoulder Pain Miranda Esmonde-White		Season 1 Ep.05: Posture & Core Dyan DeCastro		Season 10 Ep.09: Stress Release Miranda Esmonde-White					
8:30am EDT	30min	S		20min	S	B	23min	8:30am EDT	30min	S		23min	S	B		F	23min

S STANDING | B BARRE | F FLOOR

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