



Your 50s

21-DAY CHALLENGE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Increase Your Energy & Mobility Miranda Esmonde-White	• LIVE Class Sahra Esmonde-White	Waist & Arm Lengthening Amanda Cyr	Season 1 Ep.03: Energy Boost Maude Desjardins	• LIVE Class Gail Garceau	Season 13 Ep.06: Spinal Fascia Miranda Esmonde-White	Stretch: Hips & Hamstrings Sahra Esmonde-White
S B F 34min	8:00am EDT 30min	S B 23min	S 45min	8:00am EDT 30min	S 23min	S B 25min

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Season 13 Ep.05: Energy Boosting Miranda Esmonde-White	• LIVE Class Sahra Esmonde-White	Season 1 Ep.12: Reshape Fascia Gail Garceau	Full Body Toning & Energizing Workout Sasha Alcoloumbre	• LIVE Class Gail Garceau	Lower Body Toning Meg Feeney	Season 12 Ep.22: Flexibility Miranda Esmonde-White
S F 23min	8:00am EDT 30min	S B 23min	S B F 60min	8:00am EDT 30min	S B F 30min	S F 23min

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Hips & Glutes Strengthening Ellyn Ochs	• LIVE Class Gail Garceau	Increase Your Energy Gail Garceau	Posture & Spine Miranda Esmonde-White	• LIVE Class Gail Garceau	Arm Blast & Posture Boost Sahra Esmonde-White	Full Body Deep Stretch Amanda Cyr
S B F 50min	8:00am EDT 30min	S B 20min	S 23min	8:00am EDT 30min	S B 30min	S F 30min

S STANDING | B BARRE | F FLOOR

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