

# *Strength*

**LEG & SEAT  
CLASS #74**

**Time: 24 min.  
Props: Chair**

# *Yoga Block*

**BUM  
CLASS #54**

**Time: 22 min.  
Props: Yoga Block**

## **WEEK FOUR : SEAT**

# *Sizzling*

**SEAT  
CLASS #76**

**Time: 22 min.  
Props: None**

# *New Class*

**STANDING SEAT  
CLASS #85**

**Time: 25 min.  
Props: Long Resistance Band**