

# *Body Sculpt*

**LOWER BODY LEVELS  
CLASS #83**

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

# *Quick Fix*

**THERABAND BICEPS  
CLASS #84**

**Time: 18 min.  
Props: Long Resistance Band  
or Weights**

## **WEEK SIX : BONUS**

# *Barre Class*

**SEAT & CORE  
CLASS #71**

**Time: 34 min.  
Props: 3lb - 5lb Weights**

# *New Class*

**TOTAL BODY BAND  
CLASS #87**

**Time: 20 min.  
Props: Theraband or Towel**