

Yoga Block

LOWER BODY
CLASS #48

Time: 23 min.
Props: Yoga Block

Cardio Barre

SEAT & LEG
CLASS #33

Time: 35 min.
Props: Circular
Resistance Band

Cardio

ARMS & ABS
CLASS #57

Time: 31 min.
Props: 3lb Weights, Shoes

Mat

ARM SERIES
CLASS #46

Time: 19 min.
Props: 3lb - 5lb Weights

WEEK ONE : LOWER BODY

Barre

GAMS & GLUTES
CLASS #79

Time: 19 min.
Props: Chair, Pilates Ball

New Class

LOWER BODY LEVELS
CLASS #83

Time: 24 min.
Props: Chair

Stellar

ARMS & ABS
CLASS #77

Time: 18 min.
Props: 3lb - 5lb Weights

New Class

THERABAND BICEPS
CLASS #84

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

Body Sculpt

SIDE BODY
CLASS #11

Time: 29 min.
Props: 3lb Weights, Towel

Cardio

CORE
CLASS #51

Time: 31 min.
Props: Shoes Optional

Strength

LEG & SEAT
CLASS #74

Time: 24 min.
Props: Chair

Yoga Block

BUM
CLASS #54

Time: 22 min.
Props: Yoga Block

WEEK THREE : CORE

Barre Class

SEAT & CORE
CLASS #71

Time: 34 min.
Props: 3lb - 5lb Weight

New Class

PILATES CORE
CLASS #86

Time: 14 min.
Props: Theraband or Flat
Resistance Band

Sizzling

SEAT
CLASS #76

Time: 22 min.
Props: None

New Class

STANDING SEAT
CLASS #85

Time: 25 min.
Props: Long Resistance Band

Quick Fix

CARDIO: TOTAL BODY
CLASS #56

Time: 18 min.
Props: Shoes Optional

Total Body

MAT
CLASS #78

Time: 25 min.
Props: 3lb - 5lb Weights

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 FIVE : TOTAL BODY

Body Sculpt

TOTAL BODY
CLASS #61

Time: 31 min.
Props: 3lb - 5lb Weights

New Class

TOTAL BODY BAND
CLASS #87

Time: 20 min.
Props: Theraband or Towel

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

WEEK SIX : BONUS