

2:30 Challenge

SEPT 5TH - OCT 2ND

150 Minutes / Week

Strength

**SINGLE WEIGHT SEAT
CLASS #53**

Time: 28 min.
Props: 5lb Weight, Towel

Arms & Legs

**SINGLE WEIGHT
CLASS #72**

Time: 24 min.
Props: 3lb Weight, Chair

Barre Class

**TOTAL BODY
CLASS #43**

Time: 33 min.
Props: 3lb - 5lb Weights,
Chair

Total Body

**PILATES BALL
CLASS #59**

Time: 29 min.
Props: 3lb - 5lb Weights,
Pilates Ball

30 MIN. WALK OR RUN

30 MIN. WALK OR RUN

Barre Class

**TOTAL BODY WEIGHTS
CLASS #37**

Time: 40 min.
Props: 3lb - 5lb Weights, Chair

Body Sculpt

**TOWEL TONING
CLASS #21**

Time: 29 min.
Props: Dish Towel

Barre Class

**SEAT & CORE
CLASS #71**

Time: 34 min.
Props: 5lb Weight

Body Sculpt

**RESISTANCE BAND BURN
CLASS #26**

Time: 24 min.
Props: Circular Resistance Band

Body Sculpt

**TOTAL BODY WEIGHTS
CLASS #61**

Time: 30 min.
Props: 3lb - 5lb Weights

Barre Class

**PILATES BALL
CLASS #81**

Time: 51 min.
Props: 3lb - 5lb Weights,
Pilates Ball, Chair

Barre Class

**TOTAL BODY WEIGHTS
CLASS #70**

Time: 37 min.
Props: 3lb - 5lb Weights,
Chair

Leg & Seat

**STRENGTH W/ CHAIR
CLASS #74**

Time: 24 min.
Props: Chair

30 MIN. WALK OR RUN

30 MIN. WALK OR RUN

Barre Arms

**FAST & EFFECTIVE
CLASS #34**

Time: 14 min.
Props: 3lb Weights,
Circular Resistance Band

Barre Class

**COMPLETE SEAT
CLASS #44**

Time: 25 min.
Props: Circular Resistance Band

Total Body

**MAT CLASS
CLASS #78**

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

Barre Class

**THIGHS, SEATS & ABS
CLASS #39**

Time: 34 min.
Props: 5lb Weight, Chair