

NOV 8

#61

BODY SCULPT:

TOTAL BODY WEIGHTS

Time: 31 min.

Props: 3lb - 5lb Weights

NOV 10

#50

PILATES CORE SERIES

Time: 15 min.

#55

RESISTANCE BAND BOOTY

Time: 18 min.

Props: Circular Resistance Band

NOV 12

#73

BODY SCULPT:

UPPER BODY BAND STRENGTH

Time: 21 min.

Props: Circular Resistance Band

NOV 13 & 14 BONUS

#48

FAST AND EFFECTIVE:

YOGA BLOCK LOWER BODY + 45 MIN. WALK OR RUN

Time: 68 min.

Props: Yoga Block

NOV 15

#53

BODY SCULPT:

SINGLE WEIGHT SEAT

Time: 28 min.

Props: Single Weight,
optional Towel or Blanket

NOV 17

#21

BODY SCULPT:

TOWEL TONING CLASS

Time: 29 min.

Props: Dish Towel

NOV 19

#46

MAT ARM SERIES

Time: 19 min./ Props: Weights

#52

CORE 360

Time: 15 min./ Props: Dish Towel

NOV 20 & 21 BONUS

#74

FAST AND EFFECTIVE:

LEG & SEAT STRENGTH + 35 MIN. WALK OR RUN

Time: 59 min.

Props: Chair