

TO THINE OWN SELF BE

True

MONDAY, FEB 7 - SUNDAY, FEB 27

3 Weeks / 3 Classes per week

Each week choose one class from each category

CLASSIC

#4

BODY SCULPT:

TOTAL BODY CHAIR

Time: 30 min.

Props: Chair

NEW

#76

BODY SCULPT:

SIZZLING SEAT

Time: 22 min.

Props: None

YOU



**YOUR
CHOICE**

#13

BODY SCULPT:

TOTAL BODY WEIGHTS

Time: 30 min.

Props: 3lb - 5lb Weights

#77

BODY SCULPT:

STELLAR ARMS & ABS

Time: 18 min.

Props: 5lb Weights



**YOUR
CHOICE**

#21

BODY SCULPT:

TOWEL TONING

Time: 29 min.

Props: Dish Towel

#78

BODY SCULPT:

TOTAL BODY MAT

Time: 25 min.

Props: Single Weight



**YOUR
CHOICE**

#30

BODY SCULPT:

TOTAL BODY

Time: 30 min.

Props: Chair,
3lb - 5lb Weights

#79

BODY SCULPT:

BARRE GAMS & GLUTES

Time: 18 min.

Props: Chair,
Pilates Ball



**YOUR
CHOICE**