

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**

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**