

SPRING INTO
ACTION
CHALLENGE

APR 4

#71
BARRE CLASS:
SEAT & CORE SINGLE WEIGHT
Time: 37 min.
Props: Chair, Light Weights

APR 5



REST DAY

APR 6

#80
BARRE CLASS:
50 MIN. BARRE TOTAL BODY
Time: 50 min.
Props: Chair, Light Weights,
optional Yoga Strap

APR 7



REST DAY

APR 8

#60
BARRE CLASS:
TOTAL BODY W/ WEIGHTS
Time: 20 min.
Props: Chair, Light Weights

APR 9

weekend bonus
#34
FAST & EFFECTIVE:
BARRE ARMS (14 MIN)
+ 30 MIN WALK/RUN

APR 10

weekend bonus
#34
FAST & EFFECTIVE:
BARRE ARMS (14 MIN)
+ 30 MIN WALK/RUN

APR 11

#72
BARRE CLASS:
ARMS & LEGS SINGLE WEIGHT
Time: 24 min.
Props: Chair, Light Weight

APR 12



REST DAY

APR 13

#81
BARRE CLASS:
50 MIN. BARRE W/ BALL
Time: 50 min.
Props: Pilates Ball or Towel,
Chair, Light Weights

APR 14



REST DAY

APR 15

#44
BODY SCULPT:
COMPLETE SEAT
Time: 25 min.
Props: optional Circular
Resistance Band

APR 16

weekend bonus
#35
FAST & EFFECTIVE:
BARRE LEGS (11 MIN)
+ 30 MIN WALK/RUN

APR 17

weekend bonus
#35
FAST & EFFECTIVE:
BARRE LEGS (11 MIN)
+ 30 MIN WALK/RUN

APR 18

#79
BARRE CLASS:
GAMS & GLUTES
Time: 19 min.
Props: Pilates Ball or Towel,
optional Chair

APR 19



REST DAY

APR 20

#31
BARRE CLASS:
TOTAL BODY W/ BALL
Time: 40 min.
Props: Pilates Ball or Towel,
Chair, Light Weights

APR 21



REST DAY

APR 22

#43
BARRE CLASS:
TOTAL BODY
Time: 33 min.
Props: Chair, Light Weights

APR 23

weekend bonus
#36
FAST & EFFECTIVE:
HARDCORE BARRE CORE (11 MIN)
+ 30 MIN WALK/RUN

APR 24

weekend bonus
#36
FAST & EFFECTIVE:
HARDCORE BARRE CORE (11 MIN)
+ 30 MIN WALK/RUN

APR 25

#37
BARRE CLASS:
TOTAL BODY W/ WEIGHTS
Time: 40 min.
Props: Chair, Light Weights

APR 26



REST DAY

APR 27

#39
BARRE CLASS:
THIGHS, SEAT & ABS
Time: 34 min.
Props: Chair, Light Weight

APR 28



REST DAY

APR 29

#82
BARRE CLASS:
50 MIN. BARRE W/ BAND
Time: 50 min.
Props: Chair, optional Circular
Resistance Band

APR 30

weekend bonus
#42
FAST & EFFECTIVE:
BARRE ARMS & ABS (10 MIN)
+ 30 MIN WALK/RUN

MAY 1

weekend bonus
#42
FAST & EFFECTIVE:
BARRE ARMS & ABS (10 MIN)
+ 30 MIN WALK/RUN

CONGRATS
YOU DID IT!