

Fast & Effective

**BODYWEIGHT
WORKOUT 1
CLASS #62**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
ARMS & OBLIQUES
CLASS #88**

Time: 20 min.
Props: 3lb - 5lb Weights

WEEK ONE

Barre Class

**INNER THIGHS &
BACK OF SEAT
CLASS #41**

Time: 18 min.
Props: Chair

Cardio Barre

**TOTAL BODY
FITNESS
CLASS #32**

Time: 32 min.
Props: Chair, Shoes

Fast & Effective

**BODYWEIGHT
WORKOUT 2
CLASS #63**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
LOWER BODY
CLASS #89**

Time: 15 min.
Props: Circular Resistance Band

WEEK TWO

Target Body

**CARDIO CORE
CLASS #51**

Time: 31 min.
Props: None

Mat Series

**ARMS
CLASS #46**

Time: 20 min.
Props: 3lb - 5lb Weights

Fast & Effective

**BODYWEIGHT
WORKOUT 3
CLASS #64**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
CORE
CLASS #90**

Time: 18 min.
Props: None

WEEK THREE

Target Body

**SIZZLING SEAT
CLASS #76**

Time: 22 min.
Props: None

Upper Body

**BAND STRENGTH
CLASS #73**

Time: 21 min.
Props: Circular Band
(Light to Medium Resistance)

Fast & Effective

**BODYWEIGHT
WORKOUT 4
CLASS #65**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
ARMS & OBLIQUES
CLASS #88**

Time: 20 min.
Props: 3lb - 5lb Weights

WEEK FOUR

Yoga Block

**LOWER BODY
CLASS #48**

Time: 23 min.
Props: Yoga Block

Quick Fix

**TOTAL BODY
CARDIO
CLASS #73**

Time: 18 min.
Props: Shoes

Fast & Effective

**BODYWEIGHT
WORKOUT 5
CLASS #66**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
LOWER BODY
CLASS #89**

Time: 15 min.
Props: Circular Resistance Band

WEEK FIVE

Barre Class

**TOTAL BODY
CLASS #31**

Time: 39 min.
Props: Pilates Ball, Chair
3lb - 5lb Weights

Pilates Series

**CORE
CLASS #50**

Time: 15 min.
Props: None

Fast & Effective

**BODYWEIGHT
WORKOUT 6
CLASS #67**

Time: 15 min.
Props: None

New Class

**JOY OF MOVEMENT
CORE
CLASS #90**

Time: 18 min.
Props: None

WEEK SIX

Target Body

**GLIDE & SLIDE LEGS
CLASS #49**

Time: 29 min.
Props: Two Gliders (socks),
optional Resistance Band

Barre Class

**TOTAL BODY
CLASS #60**

Time: 20 min.
Props: Chair,
3lb - 5lb Weights