

Quick Fix

**CARDIO: TOTAL BODY
CLASS #56**

**Time: 18 min.
Props: Shoes Optional**

Total Body

**MAT
CLASS #78**

**Time: 25 min.
Props: 3lb - 5lb Weights**

WEEK FIVE : TOTAL BODY

Body Sculpt

**TOTAL BODY
CLASS #61**

**Time: 31 min.
Props: 3lb - 5lb Weights**

New Class

**TOTAL BODY BAND
CLASS #87**

**Time: 20 min.
Props: Theraband or Towel**