

Body Sculpt

**SIDE BODY
CLASS #11**

**Time: 29 min.
Props: 3lb Weights, Towel**

Cardio

**CORE
CLASS #51**

**Time: 31 min.
Props: Shoes Optional**

WEEK THREE : CORE

Barre Class

**SEAT & CORE
CLASS #71**

**Time: 34 min.
Props: 3lb - 5lb Weight**

New Class

**PILATES CORE
CLASS #86**

**Time: 14 min.
Props: Theraband or Flat
Resistance Band**