

JANUARY 2025 POSTURE CALENDAR

For Express classes, choose two of the listed leg **or** glute postures. You must work both in parallel and turn out per section. For LEGS, you must work both in power and flat-footed.

If not certified for Cardio, you will choose the 3rd posture in your leg and glute programs of the opposite orientation based on the two postures provided. For LEGS, make sure your program includes power **and** flat-footed postures.

For GLUTES, your 3rd posture is always a bridge variation.

If teaching Cardio on a non-specified Cardio day, you will teach the two same-oriented postures provided.

(ex. The 2 turnout postures)

Sundays are optional for each studio, so they are instructor choice days!

THURSDAY, JANUARY 1st - Happy New Year!

LEGS	COMBO	GLUTES
INSTRUCTOR CHOICE!		

FRIDAY, JANUARY 2nd

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 Power Base Skier	Full Body	Standing Parallel, sides 1 and 2 TRX Inverted Diamond

SATURDAY, JANUARY 3rd

LEGS	COMBO	GLUTES
Power 4, sides 1 and 2 Plie Squat, center-facing add-ons	Back Chest	Seated Pretzel, sides 1 and 2 Prone Parallel w/ Ball

MONDAY, JANUARY 5th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 Elevated Power Diamond	Full Body	Angled Head to Barre, sides 1 and 2 TRX Bridge Marches

TUESDAY, JANUARY 6th - CARDIO

LEGS	COMBO	GLUTES
Sumo Squat Power Diamond	Full Body	Single Leg Glute Bridge, sides 1 and 2

WEDNESDAY, JANUARY 7th

LEGS	COMBO	GLUTES
Reverse Chair Power Plie Squat Elevated Power Base	Bicep Tricep	All Fours, turned out add-ons, sides 1 and 2 Parallel Bridge

THURSDAY, JANUARY 8th

LEGS	COMBO	GLUTES
Profile Plie w/ Glider, sides 1 and 2 Power Upright Chair (up on toes)	Full Body	Reverse Split Squat, sides 1 and 2 Sumo Bridge

FRIDAY, JANUARY 9th

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Reverse Power Diamond	Back Shoulders	Side Diamond, sides 1 and 2 Hamstring Bridge

SATURDAY, JANUARY 10th

LEGS	COMBO	GLUTES
Power Split Diamond w/ glider, sides 1 and 2 Incline Chair w/ ball	Full Body	Barre Inverted Bridge Diamond Bridge, can use ball under heels TRX Inverted Bridge

MONDAY, JANUARY 12th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base w/ TRX	Chest Shoulder Tricep	Crescent Glutes, Sides 1 and 2 Prone Diamond

TUESDAY, JANUARY 13th - CARDIO

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2	Full Body	Standing Glute Snappers, sides 1 and 2

WEDNESDAY, JANUARY 14th

LEGS	COMBO	GLUTES
Profile Power Diamond, sides 1 and 2 Upright Chair w/ ball	Full Body	All Fours Parallel add-ons, sides 1 and 2 *NEW* Sumo Thruster

THURSDAY, JANUARY 15th

LEGS	COMBO	GLUTES
Horse Pose, sides 1 and 2 Power Diamond Skier	Back Bicep	Glute Dives, sides 1 and 2 Narrow Glute Bridge

FRIDAY, JANUARY 16th

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 TRX Froggers	Full Body	Head to Barre, sides 1 and 2 Kneeling Pretzel, sides 1 and 2

SATURDAY, JANUARY 17th

LEGS	COMBO	GLUTES
TRX Pistol Squat, sides 1 and 2 TRX Power Diamond	Bicep Tricep	TRX Standing Pretzel, sides 1 and 2 Parallel Bridge w/ Gliders

MONDAY, JANUARY 19th

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 and 2 Incline Sumo	Full Body	Glute Snappers (mat version) sides 1 and 2 *New Hip Thrusters

TUESDAY, JANUARY 20th - CARDIO

LEGS	COMBO	GLUTES
Curtsies, sides 1 and 2	Full Body	Standing Parallel, sides 1 and 2

WEDNESDAY, JANUARY 21st

LEGS	COMBO	GLUTES
TRX Split Squat, sides 1 and 2 Power Plie	Shoulders Back	Seated Pretzel, sides 1 and 2 Parallel Bridge

THURSDAY, JANUARY 22nd

LEGS	COMBO	GLUTES
Power Split Diamond, sides 1 and 2 Reverse Chair	Full Body	NEW TRX Single Leg Bridge, sides 1 and 2

FRIDAY, JANUARY 23rd

LEGS	COMBO	GLUTES
Power Base Skier Plie squat, center-facing add-ons Incline Chair	Chest Shoulder Tricep	Standing Scorpion, sides 1 and 2 TRX Bridge Marches

SATURDAY, JANUARY 24th

LEGS	COMBO	GLUTES
Split Sumo w/ Glider, sides 1 and 2 Power Base w/ Ball	Full Body	Reverse Split Squat, sides 1 and 2 Sumo Squat

MONDAY, JANUARY 26th

LEGS	COMBO	GLUTES
Horse to Plie, sides 1 and 2 (can elevate inside foot on mat) Elevated Power Base	Back Bicep	Crescent Glutes, sides 1 and 2 TRX Inverted Diamond

TUESDAY, JANUARY 27th - CARDIO

LEGS	COMBO	GLUTES
Upright Chair TRX Froggers	Full Body	All Fours Turned out add-ons, sides 1 and 2

WEDNESDAY, JANUARY 28th

LEGS	COMBO	GLUTES
Side Lunge w/ Ball, sides 1 and 2 Power Upright Chair	Full Body	Barre Inverted Bridge Diamond Bridge Prone parallel w/ Ball

THURSDAY, JANUARY 29th

LEGS	COMBO	GLUTES
Crescent Lunge, sides 1 and 2 Power Diamond Skier	Back Chest	Angled Head to Barre, sides 1 and 2 TRX Inverted Bridge

FRIDAY, JANUARY 30th

LEGS	COMBO	GLUTES
TRX Plie Squat, sides 1 and 2 Power Base Skier	Full Body	All Fours Parallel add-ons, sides 1 and 2 Sumo Hip Thruster

SATURDAY, JANUARY 31st

LEGS	COMBO	GLUTES
Reverse Power Base w/ Single Leg add-ons, sides 1 and 2 Incline Sumo	Back Shoulders	Side Diamond, sides 1 and 2 Hamstring Bridge