

MAY WORKOUT CALENDAR

Welcome to your month of workouts! In this calendar we are combining new and existing workouts including Pilates Sculpt, Strength, Blend, and Recovery formats as well as optional walks to deliver a well-rounded workout program that will help you build lean muscle mass, increase your mobility & improve your metabolic health. On our on-demand page, you'll be able to find our "Monthly Program" playlist where your new week of workouts will be uploaded every Monday.



week one				
<input type="checkbox"/> <u>Total Body</u> <u>Pilates Sculpt</u>	<input type="checkbox"/> <u>Full Body</u> <u>Strength</u> <u>Circuits</u>	<input type="checkbox"/> <u>Quick Cardio</u> <u>& Abs</u>	<input type="checkbox"/> <u>Upper Body</u> <u>Blend</u>	<input type="checkbox"/> <u>Morning</u> <u>Stretch &</u> <u>Affirmations</u>
week two				
<input type="checkbox"/> <u>45-Minute</u> <u>Full Body</u> <u>Strength</u>	<input type="checkbox"/> <u>No Equipment</u> <u>Total Body</u> <u>Pilates Sculpt</u>	<input type="checkbox"/> <u>Core Blend</u>	<input type="checkbox"/> <u>Glutes & Thighs</u> <u>Quick Burn</u>	<input type="checkbox"/> <u>30-Minute</u> <u>Recovery</u> <u>Walk</u>
week three				
<input type="checkbox"/> new <u>Full Body</u> <u>Strength</u>	<input type="checkbox"/> <u>Lower Body</u> <u>Strength</u>	<input type="checkbox"/> new <u>Quick</u> <u>Upper Body</u> <u>Blend</u>	<input type="checkbox"/> new <u>Cardio Circuits</u> <u>& Recover</u>	<input type="checkbox"/> <u>Somatic</u> <u>Release</u> <u>Practice</u>
week four				
<input type="checkbox"/> <u>Foundational</u> <u>Pilates Sculpt</u>	<input type="checkbox"/> new <u>Glutes, Thighs,</u> <u>& Core Blend</u>	<input type="checkbox"/> <u>Arms & Abs</u> <u>Strength</u>	<input type="checkbox"/> new <u>Full Body Blend</u>	<input type="checkbox"/> <u>30-Minute</u> <u>Recovery</u> <u>Walk</u>