

APRIL 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>Foundational Pilates Sculpt</u>	<input type="checkbox"/> <u>Arms, Abs & Glutes Blend</u>	<input type="checkbox"/> <u>Quick Drip Cardio</u>	<input type="checkbox"/> <u>Lower Body Pilates Sculpt</u>	<input type="checkbox"/> 30-Minute Recovery Walk
week two				
<input type="checkbox"/> new Quick Upper Body Strength	<input type="checkbox"/> <u>No Equipment Posture Pilates</u>	<input type="checkbox"/> new Lower Body Pilates Blend	<input type="checkbox"/> <u>Full Body Dynamic Strength</u>	<input type="checkbox"/> new Bedtime Release
week three				
<input type="checkbox"/> <u>Arms, Thighs, & Glutes Blend</u>	<input type="checkbox"/> new Glutes & Thighs Strength	<input type="checkbox"/> <u>Full Body Pilates Ball Sculpt</u>	<input type="checkbox"/> new Quick Cardio & Abs	<input type="checkbox"/> <u>Full Body Release</u>
week four				
<input type="checkbox"/> <u>Full Body Pilates Sculpt</u>	<input type="checkbox"/> <u>Arms, Abs, and Back Strength</u>	<input type="checkbox"/> <u>Glute Build Blend</u>	<input type="checkbox"/> <u>Full Body Blend</u>	<input type="checkbox"/> 30-Minute Recovery Walk