

# JUNE 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 week.



week one				
<input type="checkbox"/> <b><u>No Equipment Total Body Pilates Sculpt</u></b>	<input type="checkbox"/> <b><u>Full Body Strength</u></b>	<input type="checkbox"/> <b><u>Core Blend</u></b>	<input type="checkbox"/> <b><u>Arms, Thighs, &amp; Glutes Blend</u></b>	<input type="checkbox"/> <b><u>30-Minute Recovery Walk</u></b>
week two				
<input type="checkbox"/> <b><u>Full Body Dynamic Strength</u></b>	<input type="checkbox"/> <b><u>No Equipment Pilates Sculpt</u></b> <small>new</small>	<input type="checkbox"/> <b><u>Arms &amp; Abs Pilates Sculpt</u></b>	<input type="checkbox"/> <b><u>Glute Strengthening Circuits</u></b>	<input type="checkbox"/> <b><u>30-Minute Recovery Walk</u></b>
week three				
<input type="checkbox"/> <b><u>Full Body Strength</u></b> <small>new</small>	<input type="checkbox"/> <b><u>Lower Body Pilates Sculpt</u></b>	<input type="checkbox"/> <b><u>Quick Upper Body Blend</u></b> <small>new</small>	<input type="checkbox"/> <b><u>Cardio Circuits &amp; Recover</u></b> <small>new</small>	<input type="checkbox"/> <b><u>Stress Relief Stretch</u></b>
week four				
<input type="checkbox"/> <b><u>Full Body Pilates Ball Sculpt</u></b>	<input type="checkbox"/> <b><u>Glutes, Thighs, &amp; Core Blend</u></b> <small>new</small>	<input type="checkbox"/> <b><u>Quick Pilates Arms</u></b>	<input type="checkbox"/> <b><u>Full Body Blend</u></b> <small>new</small>	<input type="checkbox"/> <b><u>30-Minute Recovery Walk</u></b>