

FLOW & CORE FUSION *

WORKOUT CALENDAR *INCLUDES GOLD WORKOUTS

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD HIIT AND FLOW 1 45 Minutes	GOLD MAT PILATES 4 40 Minutes	FEEL GOOD YOGA FLOW 1 30 Minutes	ACTIVE DAY OF REST	GOLD PILATES YOGA FUSION 4 30 Minutes	PREMIUM PILATES- YOGA FUSION 2 35 Minutes	GOLD VINYASA YOGA FLOW 6 35 Minutes
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
GOLD HIIT AND FLOW 2 45 Minutes	GOLD MAT PILATES 5 (WRIST & KNEE FRIENDLY) 35 Minutes	FEEL GOOD YOGA 2 30 Minutes	ACTIVE DAY OF REST	YOGA SCULPT PREMIUM 3 30 Minutes	PREMIUM PILATES 1 35 Minutes	GOLD CHILL YOGA 1 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
GOLD HIIT AND FLOW 3 45 Minutes	GOLD MAT PILATES 6 35 Minutes	GOLD YOGA SCULPT 9 35 Minutes	ACTIVE DAY OF REST	HIIT MIXER 7 45 Minutes	PREMIUM PILATES 2 35 Minutes	GOLD YOGA TUNE UP – HIPS & LOW BACK 35 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
GOLD YOGA FOR STRENGTH 1 35 Minutes	MORNING YOGA STRETCH 20 Minutes	GOLD PILATES YOGA FUSION 3 35 Minutes	ACTIVE DAY OF REST	GOLD YOGA TUNE UP – CHEST + SHOULDERS OPENER 1 35 Minutes	GOLD CHILL YOGA 3 30 Minutes	GOLD YOGA SCULPT 10 35 Minutes