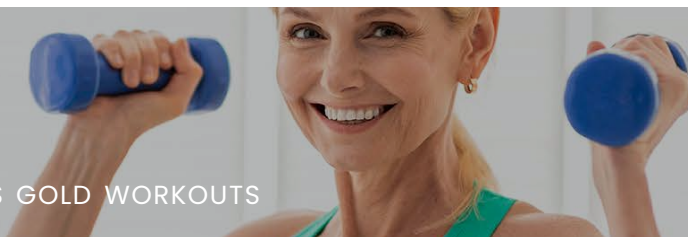


MIX & MOVE*

WORKOUT CALENDAR *INCLUDES GOLD WORKOUTS

GET HEALTHY 



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<i>Move it Monday</i> UNILATERAL UPPER BODY: STRENGTH + STRETCH 40 Minutes	<i>Tone It Tuesday</i> GOLD BARRE SCULPT 4 35 Minutes	<i>Wellness Wednesday</i> GOLD PILATES YOGA FUSION 4 30 Minutes	<i>Throwback Thursday</i> GOLD LIVE CLASS: KICKBOXING STRENGTH 2 50 Minutes	<i>Flex on Friday</i> GOLD LIFT 2 35 Minutes	<i>Steps Saturday</i> BOOSTED FITNESS WALK 1 35 Minutes	<i>Self-Care Sunday</i> ADOR Rest & Recharge
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD LOW IMPACT ENDURANCE CARDIO 3 30 Minutes	GOLD BARRE FLOW 1 45 Minutes	GOLD CHILL YOGA 3 30 Minutes	GOLD DIRTY 30 – VERSION 1 45 Minutes	GOLD UNILATERAL STRENGTH 5 35 Minutes	GOLD POWER WALKING 6 30 Minutes	ADOR Rest & Recharge
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LEGS AND BALANCE: STRENGTH + STRETCH 40 Minutes	BARRE BURN 3 25 Minutes	GOLD PILATES YOGA FUSION 3 35 Minutes	GOLD FULL BODY CIRCUIT (FBC) 1 45 Minutes	GOLD TIME DROP STRENGTH 3 30 Minutes	BOOSTED FITNESS WALK 2 45 Minutes	ADOR Rest & Recharge
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
GOLD WALK + CORE 1 35 Minutes	GOLD ATHLETIC BARRE 6 50 Minutes	GOLD VINYASA YOGA FLOW 5 30 Minutes	GOLD TREMENDOUS TEN 1 35 Minutes	GOLD MUSCLE BURNOUT 2 45 Minutes	GOLD POWER WALKING 7 35 Minutes	ADOR Rest & Recharge