GET HEALTHY

UTV BINGO

GOLD CALENDAR



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STEP STRENGTH 4 *50 Minutes*	**STRICTLY STRENGTH 1** *40 Minutes*	**1000 LEGS 1** *45 Minutes*	**ONE DUMBBELL HIIT 2** *45 Minutes*	**LOW IMPACT ENDURANCE CARDIO 1** *30 Minutes*
GAME OF 21 VERSION 3 *55 Minutes*	**THE MIX 1** *30 Minutes*	**PILATES YOGA FUSION 3** *30 Minutes*	**500 REP CORE 2** *35 Minutes*	**BOOTCAMP BURN 7** *45 Minutes*
BARRE SCULPT 1 *35 Minutes*	**STRENGTH AND CONDITIONING HIIT 1** *60 Minutes*	**ADOR** *(Walk 10,000 Steps)*	**TIME DROP STRENGTH 1** *30 Minutes*	**FULL BODY CIRCUIT (FBC) 1** *45 Minutes*
FULL BODY MOBILITY 1 *30 Minutes*	**POWER WALKING 5** *35 Minutes*	**HIIT MIXER 1** *45 Minutes*	**PRESSURE 1** *50 Minutes*	**LOW IMPACT DANCE IT OFF 3** *35 Minutes*
CHILL YOGA 1 *30 Minutes*	**STRENGTH + JUMP ROPE 1** *45 Minutes*	**STEP EXPRESS 2** *35 Minutes*	**LOW IMPACT RESISTANCE BAND STRENGTH 2** *35 Minutes*	**TREMENDOUS TEN 1** *35 Minutes*