

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 6:30PM BOOTY BLAST 30 min	2 9AM SPEED WALK Waterworks south on SRT	3	4 12PM SATURDAY STRETCH 45 min	5 NUTRITION PHASE 1 Food Groups: evaluating food for nutritional density
6 6:30PM BODYWEIGHT HIIT 30 min	7 9AM GROUP CARDIO ROCKY STEPS low intensity	8 6:20PM BOOTY BLAST 40 min	9 9AM GROUP CARDIO Waterworks north on Kelly Drive	10	11 12PM SATURDAY STRETCH 45 min	12 NUTRITION PHASE 1 Portion sizes and different tracking methods
13 6:30PM BODYWEIGHT LIIT 30 min	14 9AM GROUP BIKE Schuylkill Banks Pergola N on MLK Drive and back	15 6:10PM BOOTY BLAST 50 min	16 9AM GROUP JOG Waterworks south on SRT	17	18 12PM SATURDAY STRETCH 45 min	19
20	21	22	23	24	25 12PM SATURDAY STRETCH 45 min	26 NUTRITION PHASE 1 Choosing the right foods and building daily menus
27 6:30PM UPPER BODY w/ dumbbells 30 min	28 9AM GROUP CARDIO ROCKY STEPS medium intensity	29 6:00PM BOOTY BLAST 60 min	30 9AM GROUP BIKE MLK Drive to Kelly Drive loop	31		

MARCH VIRTUAL CLASS OFFERINGS

Glute Building Class - 8-week progressive lower body, "booty blast" program.

30 Minute HIIT - High intensity bodyweight exercises. No equipment needed!

30 Minute LIIT - Low impact bodyweight exercises. No equipment needed!

30 Minute Upper Body Circuit - Bring a mix of different weights from light to heavy

Saturday Stretch - Show up for a gentle noon stretch lasting 45 minutes

Phase 1 Nutrition - Group nutrition coaching consisting of a different weekly topic to focus on.

● **GROUP IN-PERSON WORKOUTS**

