

MARCH | 21

Spring INTO MOTION



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For more information and resources visit: transforminghealth.org

Sunday

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MY GOALS

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Low intensity
workout




High intensity
workout

Walk with a friend or family member

Set your goals with strength training. Create a goal for yourself and try to grow incrementally each week. Perform squats, planks, pushups, etc. **21**

 **CLASS: RIPPED @4pm.** The class changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout. **22**

 **CLASS: Yoga Basics for Back Health @10am.** This class focuses on posture, core strength, flexibility, balance and greater body awareness. **23**

Jump rope or do jumping jacks. Try different variations and challenge yourself as you go. **24**

Play your favorite music and dance your heart out! **25**

Flexibility exercises: stretch your side, triceps, leg muscles, etc. **26**

Try a new activity or revisit one you haven't done recently: rock climbing, tennis, kayaking, etc. **27**

Walk: start or end your day with a stroll **28**

Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc. **29**

 **CLASS: Cardio Core Fusion @5pm.** Get your heart pumping with upbeat cardio routines, on-the-floor ab work and a restorative stretch sequence. **30**

Join a friend! Try a new exercise with a housemate or virtually. **31**

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APRIL | 21

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Low intensity
workout



High intensity
workout

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CLASS: Boomer Fit 1
Zoomer @5:15pm.
Simple yet functional exercise to maintain stamina, range of motion balance and coordination.

2
Flexibility exercises: stretch your side, triceps, leg muscles, etc.

3
Create an indoor obstacle course, but remember – safety first!

4
Try a new style of dance to increase the tempo.

5
Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc.

6
Walk: start or end your day with a stroll

CLASS: INSPIRE 7
@9am
This class is a combination of yoga, pilates and ballet-inspired moves.

8
Flexibility exercises: stretch your side, triceps, leg muscles, etc.

CLASS: Barre Intensity Express 9
@9:30am
Work your entire body with attributes of pilates, dance and functional fitness.

10
Do an active chore: sweep, walk the dog, garden, etc.

11
Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc.

12
Jump rope or do jumping jacks. Try different variations and challenge yourself as you go.

CLASS: Yoga Basics for Back Health 13
@10am
This class focuses on posture, core strength, flexibility, balance and greater body awareness.

CLASS: Total Body HIIT 14
@5pm
High Intensity Interval Training is a total body aerobic and strength conditioning workout.

15
Move to the rhythm. Put your playlist on shuffle and move along to the changing beats.

16
Flexibility exercises: stretch your side, triceps, leg muscles, etc.

17
Hike: try a new trail or an old favorite

18
Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc

CLASS: Cardio Kickboxing 19
@9am
This martial arts-based class will have you punching and kicking your way to a stronger you.

20
Join a friend! Try a new exercise with a housemate or workout with a friend virtually.

21
Indoor gymnastics! Test your flexibility by working toward a split, cartwheel or handstand

CLASS: SOUL Fusion 22
@4pm
A creative blend of yoga-inspired flows, short cardio bursts, balance sequences and strength exercises.

23
Flexibility exercises: stretch your side, triceps, leg muscles, etc.

24
Try a new activity or revisit one you haven't done recently: rock climbing, tennis, kayaking, etc.

25
Do an active chore: sweep, walk the dog, garden, etc.

26
Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc.

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Flexibility exercises: stretch your side, triceps, leg muscles, etc.

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Walk: start or end your day with a stroll

CLASS: Boomer Fit Zoomer 29
@5:15pm
Simple yet functional exercise to maintain stamina, range of motion, balance and coordination.

CLASS: Booty Blast 30
@9:30am
A pilates-inspired class focused on shaping and sculpting the lower half of the body.

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MAY | 21

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Lets roll! Go outside for a bike ride, roller-skating or skateboarding 1

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Low intensity workout



High intensity workout

Strength training: squats, planks, pushups, etc. 2

CLASS: RIPPED @4pm The class changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout. 3

CLASS: Yoga Basics for Back Health @10am This class focuses on posture, core strength, flexibility, balance and greater body awareness. 4

Try a new style of dance or increase the tempo. 5

Flexibility exercises: stretch your side, triceps, leg muscles, etc. 6

Jump rope or do jumping jacks. Try different variations and challenge yourself as you go. 7

Walk with a friend or family member 8

Try a new style of dance or increase the tempo. 9

Raise the bar with strength training – Try to beat last week's total. Perform squats, planks, pushups, etc. 10

CLASS: Cardio Core Fusion @5pm Get your heart pumping with upbeat cardio routines, on-the-floor ab work and a restorative stretch sequence. 11

CLASS: INSPIRE @9am This class is a combination of yoga, pilates and ballet-inspired moves. 12

Flexibility exercises: stretch your side, triceps, leg muscles, etc. 13

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CLASS: Barre Intensity Express @9:30am Work your entire body with attributes of pilates, dance and functional fitness. 28

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<p>6 Lets roll! Go outside for a bike ride, roller-skating or skateboarding.</p>	<p>CLASS: Cardio Kickboxing @9am This martial arts-based class will have you punching and kicking your way to a stronger you.</p>	<p>8 Jump rope or do jumping jacks. Try different variations and challenge yourself as you go.</p>	<p>CLASS: INSPIRE @9am This class is a combination of yoga, pilates and ballet-inspired moves.</p>	<p>10 Flexibility exercises: stretch your side, triceps, leg muscles, etc.</p>	<p>11 Raise the bar with strength training – Try to beat last week’s total. Perform squats, planks, pushups, etc.</p>	<p>12 Hike: try a new trail or an old favorite</p>
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<h3>MY ACCOMPLISHMENTS & NEW GOALS</h3>						
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