

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 MORNING STRETCHES FOR SENIORS
2 LOW IMPACT CARDIO WORKOUT	3 15 MINUTE SENIOR STRENGTH WORKOUT	4 CALORIE BURNING CARDIO	5 GET-GOING QIGONG	6 12 MINUTE HIIT WORKOUT	7 20 MINUTE WALKING WORKOUT	8 QUICK, HIGH ENERGY ZUMBA ROUTINE
9 10 MINUTE MEDICINE BALL WORKOUT	10 30 MINUTE MEDIUM INTENSITY CARDIO	11 15 MINUTE STRETCH	12 30 MINUTE SENIOR ZUMBA	13 AFRICAN DRUMS DANCE WORKOUT	14 STANDING STABILITY BALL EXERCISE	15 FUN-FILLED CARDIO WORKOUT
16 STRESS RELIEVING CUMBIA ROUTINE	17 SENIOR BALANCE EXERCISES	18 LIVELY 30 MINUTE AEROBICS	19 BREAK A SWEAT CARDIO	20 SENIOR RESISTANCE BAND TRAINING	21 BEGINNER DANCE WORKOUT	22 15 MINUTE WALKING WORKOUT
23 HIIT WORKOUT FOR SENIORS	24 10 MINUTE QIGONG PRACTICE	25 PUMP IT UP CARDIO	26 FREE WEIGHT WORKOUT FOR SENIORS	27 CHALLENGING 35 MINUTE ZUMBA	28 AFTER COFFEE STRETCHES	29 AEROBIC WORKOUT TO BOOST YOUR MOOD
30 FULL BODY MEDICINE BALL WORKOUT	31 AROUND THE WORLD DANCE CARDIO					