

February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 RESISTANCE BAND WORKOUT WITH A CHAIR	2 BEGINNER TAI CHI EXERCISE	3 FAT BLASTING HIIT WORKOUT	4 FUN, LOW IMPACT EXERCISE	5 15 MINUTE ARM WORKOUT
6 RELAXING STRETCH	7 30 MINUTE CARDIO WITH CORE & BALANCE	8 10 MINUTE STABILITY BALL WORKOUT	9 HIP STRENGTHENING EXERCISES	10 GENTLE MOVEMENT FITNESS BLEND	11 10 MINUTE CORE WORKOUT	12 LOW IMPACT DANCE CARDIO WORKOUT
13 SENIOR FREE WEIGHT EXERCISES	14 BALANCE PRACTICE	15 30 MINUTE ZUMBA WORKOUT	16 QIGONG FOR FLEXIBILITY	17 MUFFIN TOP WORKOUT	18 LUNCH BREAK CARDIO WORKOUT	19 MAT EXERCISE FOR LOW BACK PAIN
20 LOW IMPACT CARDIO WORKOUT	21 EXERCISES FOR INNER THIGHS	22 LOOSEN UP JOINTS AND MUSCLES	23 WALKING WITH RESISTANCE BANDS + POST-WALK STRETCHES	24 10 MINUTE MEDICINE BALL WORKOUT	25 WRIST STRENGTHENING EXERCISES	26 LATIN DANCE WORKOUT
27 GLUTE EXERCISES FOR LOWER BODY STRENGTH	28 HAMSTRING STRETCHES					