

# December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <a href="#">10 MINUTE QIGONG PRACTICE</a>	2 <a href="#">BREAK A SWEAT CARDIO</a>	3 <a href="#">LOWER BODY WORKOUT</a>
4 <a href="#">RELIEVE TRIGGER FINGER</a>	5 <a href="#">30 MINUTE SENIOR CARDIO</a>	6 <a href="#">FALL PREVENTION EXERCISES</a>	7 <a href="#">HIGH ENERGY ZUMBA &amp; SALSA PRACTICE</a>	8 <a href="#">MAT EXERCISES FOR LOW BACK PAIN</a>	9 <a href="#">SEATED AB WORKOUT</a>	10 <a href="#">LOW IMPACT CARDIO</a>
11 <a href="#">EXERCISES FOR SORE NECK AND SHOULDERS</a>	12 <a href="#">40 MINUTE ZUMBA WORKOUT</a>	13 <a href="#">SENIOR FREE WEIGHT WORKOUT</a>	14 <a href="#">10 MINUTE GENTLE STRETCH</a>	15 <a href="#">15 MINUTE WALKING WORKOUT</a>	16 <a href="#">FULL BODY ARTHRITIS RELIEF</a>	17 <a href="#">20 MINUTE CHAIR WORKOUT</a>
18 <a href="#">FAT BLASTING HIIT WORKOUT</a>	19 <a href="#">UPPER BODY STRETCHES</a>	20 <a href="#">30 MINUTE AT-HOME ZUMBA</a>	21 <a href="#">10 MINUTE MEDICINE BALL WORKOUT</a>	22 <a href="#">CHAIR EXERCISES FOR HIP PAIN</a>	23 <a href="#">15 MINUTE HOLIDAY BOOST</a>	24 <a href="#">FEEL-GOOD FITNESS BLEND</a>
25 <a href="#">15-MINUTE LOOSEN UP STRETCH</a>	26 <a href="#">10 MINUTE RESISTANCE BAND WORKOUT</a>	27 <a href="#">20 MINUTE BEGINNER DANCE WORKOUT</a>	28 <a href="#">EXERCISES FOR HAND PAIN</a>	29 <a href="#">STABILITY BALL WORKOUT</a>	30 <a href="#">15 MINUTE SEATED YOGA</a>	31 <a href="#">CALORIE BURNING. ENERGY BOOSTING CARDIO</a>