

September

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>15 MINUTE ARM WORKOUT</u>	2 <u>CALORIE BURNING CARDIO</u>
3 <u>SENIOR BALANCE EXERCISES</u>	4 <u>SAGGY BUTT WORKOUT</u>	5 <u>LOW IMPACT CARDIO</u>	6 <u>STRETCHES FOR MORNING STIFFNESS</u>	7 <u>12 MINUTE LOW IMPACT HIIT</u>	8 <u>30 MINUTE ZUMBA</u>	9 <u>WORKOUT TO FIGHT ABDOMINAL FAT</u>
10 <u>STRETCHES FOR BACK PAIN</u>	11 <u>25 MINUTE ENERGIZING CARDIO</u>	12 <u>10 MINUTE MEDICINE BALL WORKOUT</u>	13 <u>10 MINUTE EXERCISE BALL STRETCH</u>	14 <u>20 MINUTE WALKING WORKOUT</u>	15 <u>20 MINUTE FLOOR STRENGTH WORKOUT</u>	16 <u>40 MINUTE FITNESS BLEND</u>
17 <u>AFRICAN DRUMS DANCE WORKOUT</u>	18 <u>13 MINUTE FREE WEIGHT WORKOUT</u>	19 <u>CHAIR EXERCISE FOR HIP PAIN</u>	20 <u>25 MINUTE FUN CARDIO</u>	21 <u>10 MINUTE RESISTANCE BAND WORKOUT</u>	22 <u>FALL PREVENTION EXERCISES</u>	23 <u>30 MINUTE MID-INTENSITY CARDIO</u>
24 <u>STABILITY BALL WORKOUT</u>	25 <u>15 MINUTE LOOSEN UP STRETCH</u>	26 <u>45 MINUTE SENIOR ZUMBA</u>	27 <u>EXERCISES FOR CARPAL TUNNEL RELIEF</u>	28 <u>SEATED AB WORKOUT</u>	29 <u>BREAK A SWEAT CARDIO</u>	30 <u>EXERCISES TO IMPROVE YOUR GAME</u>