

June

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <u>ENERGIZING CARDIO:</u> <u>25 MIN</u>
2 <u>ARM TONING WORKOUT:</u> <u>15 MIN</u>	3 <u>TAI CHI:</u> <u>8 MIN</u>	4 <u>SENIOR ZUMBA:</u> <u>45 MIN</u>	5 <u>THERABAND WORKOUT:</u> <u>20 MIN</u>	6 <u>EXERCISE FOR BACK PAIN:</u> <u>18 MIN</u>	7 <u>SENIOR CARDIO:</u> <u>32 MIN</u>	8 <u>FITNESS BLEND:</u> <u>30 MIN</u>
9 <u>BALANCE EXERCISE:</u> <u>12 MIN</u>	10 <u>2 MIN ENERGY BOOST + 3 MIN ZUMBA</u>	11 <u>WEIGHT TRAINING:</u> <u>12 MIN</u>	12 <u>CHAIR WORKOUT:</u> <u>17 MIN</u>	13 <u>LOOSEN UP STRETCH:</u> <u>15 MIN</u>	14 <u>WALKING WORKOUT:</u> <u>15 MIN</u>	15 <u>RESISTANCE BAND WORKOUT:</u> <u>10 MIN</u>
16 <u>STRETCHES FOR FOOT PAIN:</u> <u>22 MIN</u>	17 <u>CARDIO, CORE + BALANCE:</u> <u>26 MIN</u>	18 <u>GLUTE WORKOUT:</u> <u>13 MIN</u>	19 <u>LOW IMPACT HIIT:</u> <u>12 MIN</u>	20 <u>EXERCISES FOR STRONG WRISTS:</u> <u>9 MIN</u>	21 <u>ZUMBA WORKOUT:</u> <u>30 MIN</u>	22 <u>STABILITY BALL WORKOUT:</u> <u>16 MIN</u>
23 <u>QIGONG PRACTICE:</u> <u>15 MIN</u>	24 <u>CALORIE BURNING CARDIO:</u> <u>27 MIN</u>	25 <u>SEATED AB WORKOUT:</u> <u>12 MIN</u>	26 <u>FUN CARDIO:</u> <u>25 MIN</u>	27 <u>EXERCISES FOR SCIATICA:</u> <u>10 MIN</u>	28 <u>INNER THIGH WORKOUT:</u> <u>15 MIN</u>	29 <u>AFRICAN DANCE WORKOUT:</u> <u>16 MIN</u>
30 <u>FREE WEIGHT WORKOUT:</u> <u>13 MIN</u>						