

May

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>SEATED AB WORKOUT:</u> <u>12 MIN</u>	2 <u>AFRICAN DRUMS DANCE WORKOUT:</u> <u>16 MIN</u>	3 <u>BALANCE EXERCISES:</u> <u>12 MIN</u>
4 <u>STABILITY BALL WORKOUT:</u> <u>17 MIN</u>	5 <u>AT-HOME WALKING WORKOUT:</u> <u>15 MIN</u>	6 <u>SCIATICA BACK STRETCHES:</u> <u>10 MIN</u>	7 <u>4 MINUTE ZUMBA + 4 MINUTE CUMBIA</u>	8 <u>RESISTANCE BAND ARM WORKOUT:</u> <u>14 MIN</u>	9 <u>CARDIO WITH CORE + BALANCE:</u> <u>26 MIN</u>	10 <u>INNER THIGH WORKOUT:</u> <u>15 MIN</u>
11 <u>SEATED STRETCH:</u> <u>18 MIN</u>	12 <u>SENIOR ZUMBA:</u> <u>33 MIN</u>	13 <u>PICKLEBALL EXERCISES:</u> <u>9 MIN</u>	14 <u>SENIOR WEIGHT TRAINING:</u> <u>12 MIN</u>	15 <u>ENERGIZING CARDIO:</u> <u>26 MIN</u>	16 <u>MORNING UNLOCK:</u> <u>10 MIN</u>	17 <u>HIP STRENGTH EXERCISES:</u> <u>19 MIN</u>
18 <u>FULL BODY CARDIO:</u> <u>25 MIN</u>	19 <u>FREE WEIGHT WORKOUT:</u> <u>13 MIN</u>	20 <u>CHAIR YOGA:</u> <u>14 MIN</u>	21 <u>LOW IMPACT CARDIO:</u> <u>15 MIN</u>	22 <u>EXERCISE BALL + WEIGHTS WORKOUT:</u> <u>16 MIN</u>	23 <u>EXERCISE FOR STIFF HANDS:</u> <u>7 MIN</u>	24 <u>FITNESS BLEND:</u> <u>40 MIN</u>
25 <u>FUN SENIOR CARDIO:</u> <u>28 MIN</u>	26 <u>MUFFIN TOP WORKOUT:</u> <u>14 MIN</u>	27 <u>EXERCISE BALL STRETCH FOR BACK PAIN:</u> <u>14 MIN</u>	28 <u>SENIOR HIIT:</u> <u>20 MIN</u>	29 <u>SENIOR ZUMBA:</u> <u>45 MIN</u>	30 <u>THERABAND WORKOUT:</u> <u>20 MIN</u>	31 <u>TAI CHI PRACTICE:</u> <u>8 MIN</u>