



# Weekly Fitness Schedule:

SUN

MON

TUE

WED

THU

FRI

SAT

## GOALS:

- 12k Steps DAILY
- 3 Strength/HIIT Classes (STRONG Nation, Bootcamp, Pure Strength, Total Body, PC)
- 2 Cardio Classes (Zumba, COMMIT, Ignite Dance, Rhythm Ride, Running)
- 1 Flexibility Class (Barre/Barreless, Yoga, Pilates, Stretching)
- 1 Weekly Challenge Video (Changes every week)
- 1 Complete Rest Day (no elevating heart rate-walking, stretching, and still get 12k steps)