

July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>TEXAS HOLD 'EM</u> <u>WORKOUT:</u> 8 MIN	2 <u>ENDURANCE</u> <u>WORKOUT:</u> 25 MIN	3 <u>MUFFIN TOP</u> <u>WORKOUT:</u> 13 MIN	4 <u>BALANCE</u> <u>TUNE UP:</u> 7 MIN	5 <u>WALKING</u> <u>WORKOUT:</u> 30 MIN	6 <u>RESISTANCE</u> <u>BANDS W/ CHAIR:</u> 19 MIN
7 <u>CARPAL TUNNEL</u> <u>EXERCISES:</u> 18 MIN	8 <u>AT HOME ZUMBA:</u> 33 MIN	9 <u>MEDICINE BALL</u> <u>WORKOUT:</u> 10 MIN	10 <u>FITNESS BLEND:</u> 40 MIN	11 <u>BREAK A SWEAT</u> <u>CARDIO:</u> 28 MIN	12 <u>CORE WORKOUT:</u> 9 MIN	13 <u>BACK PAIN</u> <u>STRETCHES:</u> 8 MIN
14 <u>LOW IMPACT</u> <u>DANCE CARDIO:</u> 24 MIN	15 <u>SEATED</u> <u>STRENGTH:</u> 18 MIN	16 <u>HIIT FOR STRESS</u> <u>RELIEF:</u> 20 MIN	17 <u>EXERCISES FOR</u> <u>SORE NECK:</u> 16 MIN	18 <u>LOW IMPACT</u> <u>CARDIO:</u> 15 MIN	19 <u>MORNING</u> <u>MOVEMENT:</u> 10 MIN	20 <u>WEEKEND</u> <u>WORKOUT:</u> 43 MIN
21 <u>CHAIR YOGA:</u> 14 MIN	22 <u>SENIOR</u> <u>AEROBICS:</u> 24 MIN	23 <u>UPPER BODY</u> <u>STRETCHES:</u> 14 MIN	24 <u>4 MIN ZUMBA</u> <u>SALSA & 3 MIN</u> <u>SALSA PRACTICE</u>	25 <u>LOW IMPACT</u> <u>CARDIO:</u> 27 MIN	26 <u>FULL BODY</u> <u>STRENGTH:</u> 18 MIN	27 <u>HIP STRENGTH</u> <u>EXERCISE:</u> 18 MIN
28 <u>SWEAT & SMILE</u> <u>WORKOUT:</u> 25 MIN	29 <u>EXERCISES FOR</u> <u>STIFF HANDS:</u> 6 MIN	30 <u>UPPER BODY</u> <u>STRENGTH:</u> 18 MIN	31 <u>BEGINNER</u> <u>ZUMBA:</u> 27 MIN			