

# January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>2 MINUTE ENERGY BOOST</u>	2 <u>HAPPY WORKOUT: 25 MIN</u>	3 <u>REDUCE BELLY FAT: 11 MIN</u>	4 <u>MORNING MOVEMENT: 10 MIN</u>
5 <u>SENIOR AEROBICS: 25 MIN</u>	6 <u>FULL BODY STRENGTH WORKOUT: 19 MIN</u>	7 <u>CHAIR YOGA: 14 MIN</u>	8 <u>ZUMBA CARDIO: 28 MIN</u>	9 <u>WALKING W/ RESISTANCE BANDS: 8 MIN</u>	10 <u>EXERCISES FOR BACK PAIN: 14 MIN</u>	11 <u>CARDIO WORKOUT: 25 MIN</u>
12 <u>TAI CHI: 8 MIN</u>	13 <u>UPPER BODY STRENGTH: 18 MIN</u>	14 <u>UPBEAT AEROBICS: 29 MIN</u>	15 <u>POSTURE EXERCISES: 13 MIN</u>	16 <u>TEXAS HOLD 'EM DANCE WORKOUT: 8 MIN</u>	17 <u>CARDIO + STRENGTH TRAINING: 25 MIN</u>	18 <u>GET GOING QIGONG: 14 MIN</u>
19 <u>CARPAL TUNNEL RELIEF: 18 MIN</u>	20 <u>BOXING WORKOUT: 16 MIN</u>	21 <u>GLUTE WORKOUT: 12 MIN</u>	22 <u>FALL PREVENTION EXERCISE: 9 MIN</u>	23 <u>PUMP IT UP CARDIO: 30 MIN</u>	24 <u>MEDICINE BALL WORKOUT: 10 MIN</u>	25 <u>RELAXING STRETCHES: 15 MIN</u>
26 <u>FAT BLASTING HIIT: 17 MIN</u>	27 <u>EXERCISES FOR FOOT PAIN: 23 MIN</u>	28 <u>LOW IMPACT DANCE CARDIO: 28 MIN</u>	29 <u>SENIOR STRENGTH WORKOUT: 18 MIN</u>	30 <u>HAMSTRING STRETCH: 11 MIN</u>	31 <u>CHAIR WORKOUT: 20 MIN</u>	