

# February

2025

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
|   |  |  |   |   |   | 1<br><u>WALKING WORKOUT:</u><br><u>20 MIN</u>              |
| 2<br><u>STANDING AB WORKOUT:</u><br><u>12 MIN</u>     | 3<br><u>EXERCISES FOR STIFF NECK + SHOULDERS:</u><br><u>12 MIN</u> | 4<br><u>CHALLENGING ZUMBA:</u><br><u>36 MIN</u>      | 5<br><u>GET RID OF FLABBY UNDERARMS:</u><br><u>14 MIN</u> | 6<br><u>QUICK METABOLISM BOOST:</u><br><u>10 MIN</u>          | 7<br><u>ARTHRITIS PAIN RELIEF:</u><br><u>11 MIN</u> | 8<br><u>FUN AT-HOME CARDIO:</u><br><u>26 MIN</u>           |
| 9<br><u>RESISTANCE BAND WORKOUT:</u><br><u>20 MIN</u> | 10<br><u>BALANCE TRAINING WITH WEIGHTS:</u><br><u>12 MIN</u>       | 11<br><u>LUNCH BREAK CARDIO:</u><br><u>16 MIN</u>    | 12<br><u>BACK PAIN STRETCHES:</u><br><u>8 MIN</u>         | 13<br><u>UPPER + LOWER BODY WORKOUT:</u><br><u>18 MIN</u>     | 14<br><u>LOW IMPACT AEROBICS:</u><br><u>23 MIN</u>  | 15<br><u>FITNESS BLEND:</u><br><u>45 MIN</u>               |
| 16<br><u>2 MINUTE CHARLESTON + 3 MINUTE SALSA</u>     | 17<br><u>CARDIO + RESISTANCE WORKOUT:</u><br><u>27 MIN</u>         | 18<br><u>PELVIC FLOOR EXERCISE:</u><br><u>7 MIN</u>  | 19<br><u>UPPER BACK EXERCISES:</u><br><u>10 MIN</u>       | 20<br><u>AROUND THE WORLD DANCE CARDIO:</u><br><u>29 MIN</u>  | 21<br><u>HIP PAIN EXERCISE:</u><br><u>18 MIN</u>    | 22<br><u>SLOW RELEASE WEIGHT LIFTING:</u><br><u>18 MIN</u> |
| 23<br><u>CARDIO WITH ANISSA:</u><br><u>28 MIN</u>     | 24<br><u>QIGONG PRACTICE:</u><br><u>10 MIN</u>                     | 25<br><u>MEDICINE BALL WORKOUT:</u><br><u>11 MIN</u> | 26<br><u>ACTIVE AGER CARDIO:</u><br><u>29 MIN</u>         | 27<br><u>GET UP FROM THE FLOOR PRACTICE:</u><br><u>10 MIN</u> | 28  |  |