

March

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <u>LATIN DANCE WORKOUT:</u> 28 MIN
2 <u>HAND PAIN EXERCISES:</u> 17 MIN	3 <u>RESISTANCE BAND WORKOUT:</u> 15 MIN	4 <u>LOW IMPACT CARDIO:</u> 21 MIN	5 <u>LOWER BODY WORKOUT:</u> 10 MIN	6 <u>BALANCE EXERCISE:</u> 7 MIN	7 <u>ENERGY BOOST CARDIO:</u> 20 MIN	8 <u>STABILITY BALL WORKOUT:</u> 13 MIN
9 <u>BEGINNER TAI CHI:</u> 6 MIN	10 <u>LIVELY SENIOR ZUMBA:</u> 31 MIN	11 <u>SENIOR HIIT:</u> 20 MIN	12 <u>FOOT PAIN EXERCISES:</u> 10 MIN	13 <u>FITNESS BLEND:</u> 30 MIN	14 <u>STRENGTH ON THE MAT:</u> 20 MIN	15 <u>TV THEME SONG WORKOUT:</u> 25 MIN
16 <u>MORNING STRETCHES:</u> 13 MIN	17 <u>SEATED AB WORKOUT:</u> 15 MIN	18 <u>CHALLENGING CARDIO:</u> 27 MIN	19 <u>WRIST STRENGTH EXERCISE:</u> 9 MIN	20 <u>3 MIN. CUMBIA + 3 MIN. BACHATA</u>	21 <u>MEDICINE BALL WORKOUT:</u> 10 MIN	22 <u>GET UP AND GO CARDIO:</u> 23 MIN
23 <u>STOP MORNING STIFFNESS:</u> 5 MIN	24 <u>CIRCUIT WORKOUT:</u> 45 MIN	25 <u>GLUTE WORKOUT:</u> 13 MIN	26 <u>ZUMBA WORKOUT:</u> 33 MIN	27 <u>EXERCISES FOR BACK PAIN:</u> 11 MIN	28 <u>FREE WEIGHT WORKOUT:</u> 15 MIN	29 <u>STRESS RELIEF CARDIO:</u> 22 MIN
30 <u>SEATED YOGA:</u> 17 MIN	31 <u>NO EQUIPMENT WORKOUT:</u> 13 MIN					