

# January

2023

## LIVE CLASS SCHEDULE

Classes start at 10:00 a.m. Eastern



# REACHABLE™

FITNESS & WELLNESS

BY MICHELLE ROGERS CPT,CHC

| SUNDAY | MONDAY                           | TUESDAY | WEDNESDAY     | THURSDAY | FRIDAY                | SATURDAY |
|--------|----------------------------------|---------|---------------|----------|-----------------------|----------|
| 1      | 2                                | 3       | 4             | 5        | 6                     | 7        |
|        | CARDIO DANCE THROUGH THE DECADES |         | CARDIO STRONG |          | FULL BODY STRETCH     |          |
| 8      | 9                                | 10      | 11            | 12       | 13                    | 14       |
|        | 2-MILES CARDIO WALK              |         | CARDIO STRONG |          | TONE & FLEX           |          |
| 15     | 16                               | 17      | 18            | 19       | 20                    | 21       |
|        | POM POM CARDIO DANCE             |         | CARDIO STRONG |          | GENTLE PILATES + YOGA |          |
| 22     | 23                               | 24      | 25            | 26       | 27                    | 28       |
|        | CARDIO DANCE THROUGH THE DECADES |         | CARDIO STRONG |          | TONE & FLEX           |          |
| 29     | 30                               | 31      | 1             | 2        | 3                     | 4        |
|        | 2-MILES CARDIO WALK              |         |               |          |                       |          |
| 5      | 6                                | 7       | 8             | 9        | 10                    | 11       |
|        |                                  |         |               |          |                       |          |