

February

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