

April 2024–Classes + 30Day Walk/Jog Challenge

.5	1 MONDAY'S Walk 1 Mile	2 STRENGTH TUESDAY'S 9:00—9:40 Zoom 5:30 Zoom	3 WEDNESDAY'S Baare/Mobility 5:30 Barre	4 HIIT/ STRENGTH THURSDAY'S 9:00—9:40 Zoom 5:30 Zoom HIIT Class	5 FRIDAY Walk 1 Mile	6 HIIT– ZOOM SATURDAY'S 7:00 HIIT Zoom
7 Walk 1 Mile	8 Walk 1.5 Mile	9 9:00—9:40 Zoom 5:15—6:00 Studio	10 Walk 1.5 Mile 5:30 Mobility	11 9:00—9:40 Zoom 5:30 Zoom HIIT Class	12 Walk 1.5 Mile	13 7:00 HIIT Zoom Walk 1.5 Mile
14 Walk 1.5 Miles	15 Walk 1.5 Miles	16 9:00—9:40 Zoom 5:30 Zoom	17 Walk 2 Miles 5:30 Barre	18 9:00—9:40 Zoom 5:15—6:00 Studio HIIT Class	19 Walk 2 Miles	20 7:00 HIIT Zoom Walk 2 Miles
21 Walk 2 Miles	22 Walk 2 Miles	23 9:00—9:40 Zoom 5:30 Zoom	24 Walk 2 Miles 5:30 Mobility	25 9:00—9:40 Zoom 5:15—6:00 Studio HIIT Class	26 Walk 2.5 Miles	27 7:00 HIIT Zoom *9:00 STUDIO Equip- ment Pick-up Walk 2.5 Miles
28 Walk 2.5 Miles	29 Walk 2.5 Miles	30 Walk 3 Miles 9:00—9:40 Zoom 5:30 Zoom				26 Classes Total 13 AM Zoom Choic- es 10 PM Zoom Choices 3 Studio Classes