































30 DAY CHALLENGE CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	HIIT 	GENTLE FLOW 	CARDIO CORE 	VINYASA FLOW YOGA 	REZIST 	LOW IMPACT 	VINYASA FLOW YOGA 
Week 2	CARDIO CORE TRIPLE THREAT 	LOW IMPACT 	POWER HIIT 	VINYASA FLOW YOGA 	HIIT 	LOW IMPACT 	REZIST 
Week 3	BARRE BALL SCULPT 	HIIT 	GENTLE FLOW YOGA 	KICKBOXING 	PILATES 	REZIST LOW IMPACT 	FOAM ROLLER RECOVERY 
Week 4	CARDIO CORE 	LOW IMPACT 	BOOT CAMP HIIT 	GENTLE FLOW YOGA 	BAND BLASTER 	REZIST 	BARRE FUSION 
Week 5	CARDIO CORE 	MINDFUL YOGA 					



POWERED BY THE YMCA OF GREATER BOSTON