

#12daysB4Christmas

December 2021

Click on the first point to view the Crunch Fix Video for that day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>PERSPIRE TO GREATNESS!</p>	<p>13</p> <p>30 min Bodys shred class or HIIT class in club • 15 min Ab Blast video • 30 minute walk</p> <p>BONUS CARDIO: 7.00PM LIVE ZUMBA</p>	<p>14</p> <p>45 mins Fat Burning Pilates or STRENGTH class in club • 15 min Upper Body Stretch • 20 minute walk</p> <p>BONUS CARDIO: 7.15PM LIVE CHRISTMAS ZUMBA</p>	<p>15</p> <p>30 min Adrenaline class or HIIT class in club • 15 Booty Burn • 20 minute walk</p> <p>BONUS STRENGTH: 5.15PM LIVE BURN & FIRM</p>	<p>16</p> <p>45 min Burn & firm class or STRENGTH class in club • 10 min Splits Stretches • 30 minute walk</p>	<p>17</p> <p>30 min 360HIIT class or HIIT class in club • 15 min Hip Openers • 20 minute walk</p>	<p>18</p> <p>30 min Ultimate Shred or HIIT class in club • 15 min Core Connect video • 30 minute walk</p>
<p>19</p> <p>30 mins Booty Balance or STRENGTH class in club • 15 min Lower Body Stretch video • 45 minute walk</p>	<p>20</p> <p>45 mins 360 Sculpt or STRENGTH class in club • 15 min Full Body Stretch • 20 minute walk</p> <p>BONUS CARDIO: 7.00PM LIVE CHRISTMAS ZUMBA</p>	<p>21</p> <p>40 min 360HIIT class or HIIT class in club • 10 min Handstand wall drills • 20 minute walk</p> <p>BONUS CARDIO: 7.15PM LIVE CHRISTMAS ZUMBA</p>	<p>22</p> <p>30 mins ABC: Arm, Back & Chest or STRENGTH class in club • 15 min Booty Activation • 20 minute walk</p> <p>BONUS CARDIO: 7.00PM LIVE CHRISTMAS ZUMBA</p>	<p>23</p> <p>45 mins Fat Burning Pilates or STRENGTH class in club • 15 min Cardio Core • 20 minute walk</p>	<p>24</p> <p>30 min 360HIIT class or HIIT class in club • 15 min Full Body Mobility • 30 minute walk</p>	 <p>MERRY CHRISTMAS</p>