

APRIL
04.01 — 04.30

core club

PILATES
WORKOUT PLAN

	04/01 <input type="radio"/>	04/02 <input type="radio"/>	04/03 <input type="radio"/>	04/04 <input type="radio"/>	04/05 <input type="radio"/>	04/06 <input type="radio"/>
	<p>NEW WORKOUT</p> <p>ABS, ARMS, UPPER BACK</p> <p>(34 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>LOWER BODY</p> <p>(32 MIN.)</p>	<p>NEW WORKOUT</p> <p>FULL BODY</p> <p>(31 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>POWER ABS</p> <p>(34 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>FULL BODY</p> <p>(53 MIN.)</p>	<p>SINGLE PROP WORKOUT</p> <p>ARMS & ABS</p> <p>(29 MIN.)</p>
04/07 <input type="radio"/>	04/08 <input type="radio"/>	04/09 <input type="radio"/>	04/10 <input type="radio"/>	04/11 <input type="radio"/>	04/12 <input type="radio"/>	04/13 <input type="radio"/>
<p>REST</p> <p>WALK / MEDITATE</p> <p>(15-30 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>BOOTY & BANDS</p> <p>(24 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>FULL BODY</p> <p>(50 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>POWER ABS</p> <p>(27 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>FULL BODY</p> <p>(58 MIN.)</p>	<p>SINGLE PROP WORKOUT</p> <p>AB BURNER</p> <p>(24 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>FULL BODY</p> <p>(56 MIN.)</p>
04/14 <input type="radio"/>	04/15 <input type="radio"/>	04/16 <input type="radio"/>	04/17 <input type="radio"/>	04/18 <input type="radio"/>	04/19 <input type="radio"/>	04/20 <input type="radio"/>
<p>REST</p> <p>WALK / MEDITATE</p> <p>(15-30 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>FULL BODY</p> <p>(35 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>LOWER BODY</p> <p>(36 MIN.)</p>	<p>SINGLE PROP WORKOUT</p> <p>FULL BODY</p> <p>(49 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>AB BURNER</p> <p>(32 MIN.)</p>	<p>NO EQUIPMENT WORKOUT</p> <p>FULL BODY</p> <p>(31 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>ENDURANCE</p> <p>(21 MIN.)</p>
04/21 <input type="radio"/>	04/22 <input type="radio"/>	04/23 <input type="radio"/>	04/24 <input type="radio"/>	04/25 <input type="radio"/>	04/26 <input type="radio"/>	05/27 <input type="radio"/>
<p>REST</p> <p>WALK / MEDITATE</p> <p>(15-30 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>FULL BODY</p> <p>(53 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>LOWER BODY</p> <p>(33 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>FULL BODY</p> <p>(63 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>YOGA INSPIRED</p> <p>(34 MIN.)</p>	<p>ADVANCED WORKOUT</p> <p>FULL BODY</p> <p>(61 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>STRENGTH & STRETCH</p> <p>(48 MIN.)</p>
04/28 <input type="radio"/>	04/29 <input type="radio"/>	04/30 <input type="radio"/>				
<p>REST</p> <p>WALK / MEDITATE</p> <p>(15-30 MIN.)</p>	<p>SINGLE PROP WORKOUT</p> <p>FULL BODY</p> <p>(36 MIN.)</p>	<p>QUICKIE WORKOUT</p> <p>ARMS</p> <p>(15 MIN.)</p>				