

INDOOR WORKOUTS FOR EVERYONE

*none of these workouts require any equipment except for the chair workout which uses a chair

BEGINNER



1 MILE HAPPY WALK

LESLIE SANSONE

⌚ 15 minutes

▶ PLAY

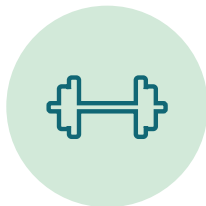


CHAIR YOGA

For Beginners or Injuries

⌚ 15 minutes

▶ PLAY



STRENGTH TRAINING

Body Weight Low Impact

HOLLY HONJO

⌚ 15 minutes

▶ PLAY

INTERMEDIATE



DANCE WORKOUT

Low Impact

⌚ 30 minutes

▶ PLAY



PILATES

Total Body

⌚ 20 minutes

▶ PLAY



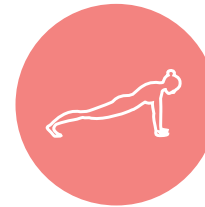
YOGA+STRETCH

Moderate

⌚ 30 minutes

▶ PLAY

ADVANCED



HIIT+CORE

Total Body

⌚ 35 minutes

▶ PLAY

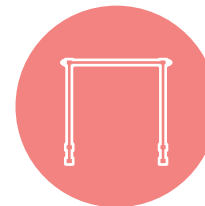


KICKBOXING

Total Body

⌚ 40 minutes

▶ PLAY



BARRE SCULPTING

Total Body

⌚ 30 minutes

▶ PLAY