

# NEW YEAR KICKSTART INTERMEDIATE PROGRAM

This journey will help you discover the joy of consistent mindful movement.  
Each day brings a new opportunity to connect with your body's natural wisdom.  
Your daily practice takes just 15-30 minutes - a perfect sanctuary in your busy day.  
Remember, this isn't about pushing limits - it's about discovering how good  
movement can feel when we approach it with kindness.

WEEK 1

| DAY 1                                                                                                                                       | DAY 2                                                                                                                        | DAY 3                                                                                                                              | DAY 4                                                                                                                            | DAY 5                                                                                                                          | DAY 6                                                                                                                             | DAY 7                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|  <p>15 min<br/>Core Kickstart<br/>Class 1</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Back Flow 1</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Full Body Pilates</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Standing Flow 2</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Quick Flow 2</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Everyday Spine</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Breathing</p> <p>☆☆☆☆☆</p> |

WEEK 2

|                                                                                                                                               |                                                                                                                                 |                                                                                                                                     |                                                                                                                                                      |                                                                                                                                  |                                                                                                                                 |                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|  <p>20 min<br/>Core Kickstart<br/>Class 2</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Quick Flow 1</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Shoulder Stretch</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Everyday Pilates<br/>Intermediate</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Spine Flow 1</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Hip Flow 1</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Breathing</p> <p>☆☆☆☆☆</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|

WEEK 3

|                                                                                                                                               |                                                                                                                                                     |                                                                                                                                                |                                                                                                                                |                                                                                                                                      |                                                                                                                                    |                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|  <p>20 min<br/>Core Kickstart<br/>Class 3</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Spinal &amp; Lateral<br/>Flexion</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Standing Strong<br/>Pilates</p> <p>☆☆☆☆☆</p> |  <p>30 min<br/>Hip Stretch</p> <p>☆☆☆☆☆</p> |  <p>30 min<br/>Everyday Pilates</p> <p>☆☆☆☆☆</p> |  <p>30 min<br/>Power Pilates</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Breathing</p> <p>☆☆☆☆☆</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|

WEEK 4

|                                                                                                                                               |                                                                                                                              |                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|  <p>30 min<br/>Core Kickstart<br/>Class 4</p> <p>☆☆☆☆☆</p> |  <p>30 min<br/>Easy Flow</p> <p>☆☆☆☆☆</p> |  <p>30 min<br/>Flow Mat 1</p> <p>☆☆☆☆☆</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|

You are welcome to add bonus classes  
anywhere your body needs them.