

NEW YEAR FRESH START INTERMEDIATE CHALLENGE

This 21-day challenge brings intention, energy, and strength to your new year. Start with focused 15-minute sessions and build to powerful 30-minute practices. Each week layers new skills—from core work and flowing sequences to dynamic full-body challenges. It's not about perfection—it's about showing up, pushing yourself with kindness, and discovering what your body can do. Let's make this your year!

DAY 1



15 min
Core
Kickstart 1

DAY 2



15 min
Back
Flow 1

DAY 3



15 min
Full Body
Pilates

DAY 4



15 min
Everyday Spine
Express

DAY 5



15 min
Standing Flow 1

DAY 6



15 min
Full Body
Release

DAY 7



15 min
Breath Work



20 min
Core
Kickstart 2



20 min
Quick Flow 1



20 min
Shoulder
Stretch



20 min
Everyday Pilates
Intermediate



20 min
Spine Flow 1



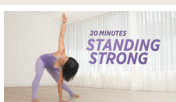
20 min
Strong Legs
& Hips



15 min
Breath Work



20 min
Core
Kickstart 3



20 min
Standing Strong
Pilates



20 min
Spinal Lateral Flexion
& Lateral Flexion



30 min
Strength Blue
Print



30 min
Dynamic Chain



30 min
Momentum
in Motion



15 min
Breath Work

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