

CLICK ON AN EVENT OR VIDEO TO GO DIRECTLY TO CONTENT



July 2021



S M T W T F S

RED ITEMS are NEW and not yet linked to content. On the first day it's scheduled, you'll find these new items in the Featured Section of the catalogue.



<p>HAPPY 4TH OF JULY!!! 4</p> <p>BE FREE!! No Technology Sweat Fest! Get outdoors and play! Walk, run, skate, rollerblade, climb.</p>	<p>REFRESH YOUR...FOCUS CHALLENGE: POST YOUR REFRESHED GOALS + WHY IN FB GROUP BY 7/9 5</p> <p>Refresh The Best: Rock It Out Sweat & Step (75 min)</p>	<p>Live Stream Sunrise Sweat - 6:00am est - replay available (60 min) 6</p> <p>Facebook Live 12pm est - Blazing Hot Goals + Q&A (60 min)</p>	<p>Be A Goal Getter Guided Cardio(30 min) 7</p>	<p>Refresh The Best: Sunrise Sweat Tabata 3/23 (70min) 1</p>	<p>Century Workout (30 min) 2</p>	<p>Rest. Meal Prep. Set Intentions For Week. 3</p>
<p>REFRESH YOUR...SWEAT CHALLENGE: COMPLETE ALL 365 IN 5 WORKOUTS POST SWEATY SELFIES IN FB GROUP BY 7/17 11</p> <p>365 IN 5: 100s Challenge Workout - 9am est - replay available (75 min)</p>	<p>365 IN 5: Butts & Guts - 12pm est - replay available (30 min)</p>	<p>MARK YOUR CALENDARS... JAIMEFIT 1 YEAR ANNIVERSARY! 13</p> <p>365 IN 5: Live Stream JaimeFit Anniversary Dance Party-O Workout + Celebration! (ZOOM + JaimeFit) 7pm est - replay available (75 min) (wear JaimeFit inspired gear)</p>	<p>365 IN 5: Fast Blast Jump Workout- 6:45am est - replay available (30 min)</p>	<p>Live Stream Signature 80s Pop Sweat & Step - 12pm est - replay available (60 min) 8</p>	<p>Rest. Meal Prep. Set Intentions For Week. 9</p> <p>WATCH - VIBE CHECK</p>	<p>Find Somewhere Beautiful To Sweat: Long Walk, Booty Bounce or BootyCamp 10</p>
<p>REFRESH YOUR...FOOD CHALLENGE 18</p> <p>Incorporate 3 of these ingredients into week. Share how you enjoyed them in FB Group by 7/24: ORANGE, WATERMELON, CUCUMBER, SQUASH, SWISS CHARD</p> <p>Refresh The Best: Sunrise Sweat 2/16 (70 min)</p>	<p>Live Stream NEW WAVE Sculpt & Burn - 12pm est - replay available (60 min) 19</p> <p>WATCH - ARE YOU IN A FOOD RUT?</p>	<p>Live Stream ROCK OUT Arms & Abs - 6:30am est - replay available (45 min) 20</p>	<p>NEW Lower Body Strength Workout (25 min) 21</p>	<p>Refresh The Best: Sculpt & Burn Tabata (75 min) 22</p>	<p>How To S.H.I.N.E. Guided Cardio (40 min) 23</p>	<p>Refresh The Best: Sculpt & Burn 11/23 (60 min) 24</p>
<p>REFRESH YOUR...REST CHALLENGE: SHARE HOW YOU TOOK YOUR REST TO THE NEXT LEVEL IN THE FB GROUP BY 7/31 25</p> <p>WATCH - HOW TO REALLY REST</p>	<p>Mindful Cardio + 26</p> <p>Deep Floor Stretch (60 min)</p>	<p>NEW Slider Abs + 27</p> <p>Stretch & Flex (45 min)</p>	<p>REST LIKE A BOSS 28</p>	<p>Live Stream Sculpt & Burn - 12pm est - replay available (60 min) 29</p>	<p>Live Stream Sunrise Sweat - 6:00am est - replay available (60 min) 30</p>	<p>In-Person BootyCamp / Stream To Facebook Live 9am 31</p>

SPECIAL SHOUT OUT TO THE VERY FIRST JAIMEFIT MEMBERS! THANK YOU FOR BEING IN MY WORLD!

Happy 1 year with JaimeFit!

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