

CLICK ON AN EVENT OR VIDEO  
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CONTENT



December

START YOUR SEASON OF SUCCESS

**NEW YEAR**  
Now CHALLENGE

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Welcome To The New Years Now - December Challenge

**1**  
**What are you quitting cold turkey? Share in group.**  
Live Stream Sunrise Sweat - 6am est - replay available (60 min)

**2**  
No Equipment HIIT Burn 2 +  
Stretch & Flex (35 min)

**3**  
Dance Cardio Tabata +  
No Equipment Upper Body (30 min)

**4**  
BootyStrong +  
Step It Up Fast Blast (35 min)

**5**  
Deep Floor Stretch +  
30 minutes Cardio of Choice (50 min) OR Replay of Choice

**6**  
**WEEK 1 FOCUS - Wishes & Breakfast Dishes**  
Rest. Meal Prep. Set Intentions For Week.

**7**  
**CHALLENGE KICK OFF**  
Live Stream Sculpt & Burn -12pm est - replay available (60 min)  
The Best Nutrition Program

**8**  
Live Stream Sunrise Sweat - 6am est - replay available (60 min)  
A Better Breakfast

**9**  
**What's on your Fitness Wish List? Share in group!**  
NEW Hips & Hammys Stretch + 30 min walk/run/bike\* (50 min)  
Live Q&A 12pm est-replay available (30 min)

**10**  
**Post a pic of your Better Breakfast**  
Live Stream Signature Sweat & Step - 4pm est - replay available

**11**  
**Happy Hannukah!**  
Light It Up No Equipment HIIT Burn 3 +  
Booty Burner (30 min)  
K.I.S.S. Essential: Water

**12**  
Tabata 1 +  
Tabata 2 or  
45 min cardio of choice (outdoors or indoors)

**13**  
**WEEK 2 FOCUS - Lunch & Munch**  
Rest. Meal Prep. Set Intentions For Week.

**14**  
Live Stream Sculpt & Burn -12pm est - replay available (60 min)  
Leveled Up Lunch

**15**  
Live Stream Sunrise Sweat - 6am est - replay available

**16**  
**BRING A FRIEND WORKOUT!**  
Live Stream BootyCamp - 7pm est - replay available (60 min) - Free For All!

**17**  
NEW Hips & Hammys Stretch + 30 min walk/run/bike\* (50 min)  
Munch This, Not This.

**18**  
**Post a pic of your Leveled Up Lunch or Munch**  
Lower Body Burn +  
Butt & Guts (38 min)

**19**  
**Guided Love Yourself HIIT Run/Walk or Replay of Choice!**

**20**  
**WEEK 3 FOCUS - FESTIVE FUN & DINNER FOR WINNERS**  
Rest. Meal Prep. Set Intentions For Week.

**21**  
**MAY YOUR SASSY PANTS BE MERRY & BRIGHT!**  
Live Stream Merry & Tight Sculpt & Burn -12pm est - replay available (60 min)  
Dinners For Winners

**22**  
**TIS THE SEASON TO BE BOOTY-FULL**  
Live Stream Tis The Season Sunrise Sweat - 6am est - replay available (60 min)

**23**  
**SLEIGH THE DAY!**  
Live Stream Live Stream Signature Sweat & Sleigh 12pm est - replay available (60 min)

**24**  
**NO LIFT, NO GIFTS!**  
Upper Body Blast +  
Hard Core Abs 2  
Get Unstuffed: Navigating Holiday Eating

**25**  
**Merry Christmas!**  
Light It Up No Equipment HIIT Burn 3 +  
Butt & Guts (30 min)

**26**  
Rest. Meal Prep. Set Intentions For Week.

**27**  
**WEEK 4 FOCUS - BACK ON TRACK**  
Live Stream Signature Sweat & Step - 9am est - replay available

**28**  
**Post a pic of your Dinner for Winners**  
Fast Blast Upper Body +  
Lower Body Fast Blast  
Live Q&A 12pm est - replay available (30 min)

**29**  
Live Stream Sunrise Sweat - 6am est - replay available (60 min)

**30**  
**CHALLENGE END**  
Live Stream Sculpt & Burn -12pm est - replay available (60 min)

**31**  
**CHALLENGE SUBMISSIONS DUE**  
NEW Countdown Pyramid Workout  
Step It Up Fast Blast (35 min)

\* May substitute for any HIIT/BURN  
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.

MAKE THE SEASON  
"BURN BRIGHT"  
AVAILABLE IN THE SHOP!



SHOP HERE



SOMEONE AWESOME THOUGHT OF YOU AND PROVIDED SOMETHING NICE TO DO. THEY'VE SENT A GIFT OF HEALTH & HAPPY. NOW GOAL IS THAT'S SO MAKE IT SNAPPY. HERE'S HOW TO "SNAPPY" YOUR GIFT. GET READY FOR A MIND, BOOTY & SOUL LEFT!

GO TO WWW.JAIME.FIT AND CLICK THE SUBSCRIBE BUTTON. CHOOSE YOUR PLAN AND ENTER YOUR COUPON CODE BELOW AT CHECKOUT.

1 YEAR  
 1 MONTH  
 \$

YOUR COUPON CODE