

CLICK ON AN EVENT OR VIDEO  
TO GO DIRECTLY TO  
CONTENT



START YOUR SEASON OF SUCCESS

# NEW YEAR CHALLENGE

*Now*



## BRING A BESTIE

REFER A FRIEND TO THE  
NYN CHALLENGE, AND YOU BOTH WILL  
GET A



WITH ME!

NEW YEAR NOW  
CHALLENGE KICKS OFF

**NOV.21!**

CLICK FOR DETAILS

*November 2021*

S	M	T	W	T	F	S
<p><b>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.</b></p>	<p><b>FOCUS: GET UNSTUCK WITH MOBILITY</b> <b>1</b></p> <p>STRETCH &amp; FLEX + 30 MIN WALK/RUN/BIKE* (50 MIN)</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) <b>2</b></p>	<p>HOW TO S.H.I.N.E. CARDIO (60 MIN) <b>3</b></p> <p>WATCH - WHEN THE GOING GETS TOUGH...</p>	<p>LIVE STREAM ARMS &amp; ABS 12PM (30 MIN) + <b>4</b></p> <p>LIVE STREAM MOBILITY FLOW 12:30PM (30 MIN)</p>	<p>FAST BLAST JUMP + <b>5</b></p> <p>DEEP FLOOR STRETCH (60 MIN)</p>	<p>RUNNER'S BOOTY + <b>6</b></p> <p>30- 45 MIN OF CARDIO OF CHOICE (60 MIN)</p>
<p><b>FOCUS: GET GRITTY WITH HIIT</b> <b>7</b></p> <p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p> <p>WATCH - TALK GRITTY TO ME</p>	<p>NO EQUIPMENT HIIT 1+ PYRAMID WORKOUT (45 MIN) <b>8</b></p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) <b>9</b></p>	<p>NO EQUIPMENT HIIT 2 + POWER BUNS (45 MIN) <b>10</b></p>	<p>LIVE STREAM SCULPT 11</p> <p>REPLAY AVAILABLE.</p>	<p><b>NEW! THROW IT ON THE FIRE HIIT +</b> <b>12</b></p> <p>SLIDER ABS (45MIN)</p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p> <p>ORLANDO IN-PERSON BOOTCAMP - LIVE STREAM IN FACEBOOK GROUP 9AM <b>13</b></p>
<p><b>FOCUS: GET WAISTED WITH CORE</b> <b>14</b></p> <p>UPPER BODY BLAST + BUTT &amp; GUTS (38 MIN)</p>	<p>SLIDER ABS + FAST BLAST JUMP OR - STEP IT UP FAST BLAST <b>15</b></p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) <b>16</b></p>	<p>HARDCORE ABS 2 + <b>17</b></p> <p>BE A GOAL GETTER GUIDED CARDIO (40MIN)</p> <p>WATCH - RUB SOME GRATITUDE ON IT</p>	<p><b>BRING A FRIEND WORKOUT!</b> <b>18</b></p> <p>LIVE STREAM HARDCORE SCULPT &amp; BURN - 7PM EST - REPLAY AVAILABLE (60 MIN) - FREE FOR ALL!</p> <p>LIVE Q&amp;A 12PM EST IN FACEBOOK GROUP (30MIN)</p>	<p>REPLAY OF CHOICE <b>19</b></p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK. <b>20</b></p> <p>WATCH- WELCOME TO THE NEW YEARS NOW - CHALLENGE VIDEO</p>
<p><b>NEW YEARS NOW CHALLENGE KICK OFF!</b> <b>21</b></p> <p>LIVE STREAM SCULPT &amp; BURN 12 PM EST (60 MIN) REPLAY AVAILABLE.</p> <p><b>Q&amp;A AFTER CLASS ON JAIMEFIT</b></p>	<p><b>NEW! FAST BLAST DUMBBELL COMPLEX +</b> <b>22</b></p> <p>10 MIN OF JUMP ROPE OR OTHER CARDIO</p> <p>WATCH - A BETTER BREAKFAST</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) <b>23</b></p> <p>WATCH - GET UNSTUFFED: NAVIGATING HOLIDAY EATING</p>	<p><b>POST SOMETHING YOU ARE GRATEFUL FOR IN THE FACEBOOK GROUP.</b> <b>24</b></p> <p>LIVE STREAM SIGNATURE SWEAT &amp; STEP - 12PM EST - REPLAY AVAILABLE (60 MIN)</p>	<p><b>HAPPY THANKSGIVING!</b> <b>25</b></p> <p>JAIMEFIT TURKEY TROT: COMPLETE A 5K WALKING, BIKING OR RUNNING + BUTTS &amp; GUTS OR REPLAY OF CHOICE</p> <p>WEAR YOUR JAIMEFIT SHIRT + POST</p>	<p><b>NEW! FAST BLAST DUMBBELL COMPLEX +</b> <b>26</b></p> <p>10 MIN OF JUMP ROPE OR OTHER CARDIO</p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK. <b>27</b></p>
<p>POST HOLIDAY BURN! SCULPT &amp; BURN - 9AM EST - REPLAY AVAILABLE (75 MIN) <b>28</b></p> <p>WATCH - MUNCH THIS, NOT THAT</p>	<p>CENTURY WORKOUT (30 MIN) <b>29</b></p> <p>WATCH - QUIT COLD TURKEY</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST (60 MIN) <b>30</b></p>	<p><b>KEEP YOUR NUTRITION FRESH &amp; FUN WITH THESE SEASONAL INGREDIENTS:</b></p>	<p>APPLES, CARROTS, POMEGRANATE, BRUSSELS SPROUTS, ROMANESCO, SWEET POTATO &amp; WINTER SQUASH</p>	<p><b>SHARE PICS OF YOUR CREATIONS IN THE FACEBOOK GROUP OR VIA EMAIL FOR YOUR CHANCE TO WIN A PRIZE!</b></p>	

GET UNSTUFFED THIS HOLIDAY SEASON

JAIME.FIT