













“Create whatever
causes a revolution
in your heart. The rest
of it will take care
of itself.”

March 2022

“Embrace the
glorious mess
that you are.”

CELEBRATING COURAGEOUS WOMEN WHO SWEAT FOR GOOD

M	T	W	T	F	S	
<p>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>	<p>HAPPY WOMEN'S HISTORY MONTH! HOW WILL YOU MAKE AN IMPACT THIS MONTH?</p>	<p>LIVE STREAM SUNRISE SWEAT - POWERFUL WOMEN EDITION - 6AM EST - REPLAY AVAILABLE (60 MIN)</p> 	<p>WHAT'S ONE COURAGEOUS ACT YOU CAN DO THIS MONTH TO SUPPORT YOUR GOALS? COURAGE ROCKS GUIDED CARDIO (30 MIN).</p>	<p>POWER BUNS + SHAPELY SHOULDERS WATCH: THE QUESTION EVERYONE SHOULD BE ASKING</p>	<p>STRONG, SCULPTED LEGS + FAST BLAST UPPER BODY</p>	<p>LIVE IN PERSON BOOTCAMP - JAIME'S BIRTHDAY BASH! 9AM EST - MLK PARK, WINTER PARK (OR WORKOUT OF CHOICE)</p> 
<p>ACTIVE REST - 6 ACTIVE REST - 2 MILE WALK/LIGHT JOG + MEAL PREP. SET INTENTIONS FOR WEEK.</p>	<p>FAST BLAST JUMP + 7 STRETCH & FLEX</p>	<p>LIVE STREAM SUNRISE SWEAT - VINTAGE WOMEN'S FITNESS EDITION— 6AM EST - REPLAY AVAILABLE (60 MIN) - DRESS IS YOUR FAVORITE ERA!</p> 	<p>FAST BLAST DUMBBELL COMPLEX 1 - 3 ROUNDS ZOOM BOOK CLUB 1:30PM EST</p>	<p>LIVE STREAM JAIME'S BIRTHDAY BASH SIGNATURE SWEAT - 6:30 AM EST (60 MIN) - WEAR YOUR SASSIEST PANTS!</p> 	<p>REPLAY BUTTS & GUTS (7/12) REPLAY ARMS AND ABS (2/25)</p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p>
<p>DAYLIGHT SAVING BEGINS - JUMP AHEAD 1 HOUR. </p> <p>LIVE STREAM SCULPT & JUMP (AHEAD) EDITION - 10AM EST - REPLAY AVAILABLE (90 MIN)</p>	<p>NEW! MOBILITY FLOW + 14 30 MINUTE CARDIO OF CHOICE (50 MIN)</p> 	<p>LIVE STREAM SUNRISE SWEAT - SHAMROCK EDITION— 6AM EST - REPLAY AVAILABLE (60 MIN)</p>	<p>NEW! MINUTE TO WIN IT WORKOUT 16 (20-30 MIN)</p>	<p>REPLAY SHAMROCK SWEAT & STEP </p>	<p>45 MIN CARDIO OF CHOICE OR REPLAY OF CHOICE WATCH THE MOST OFTEN NEGLECTED FITNESS PRACTICE</p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p>
<p> 20 LIVE STREAM SCULPT & BURN - SASSY CHICKS EDITION — 9AM EST - REPLAY AVAILABLE (90 MIN)</p>	<p>NO CRUNCH ABS + 21 EYE OPENER CARDIO</p>	<p>REPLAY SCULPT & BURN 11/30</p>	<p>ZOOM WORKOUT MEET UP: TAKE ON A REPLAY TOGETHER! 6:30 AM EST </p>	<p>LIVE STREAM SUNRISE SWEAT - BODYWEIGHT STRENGTH + FLOW EDITION - 6AM EST - REPLAY AVAILABLE (60 MIN)</p>	<p>FAST BLAST UPPER BODY + LOWER BODY FAST BLAST (35 MIN)</p>	<p>REST. MEAL PREP. SET INTENTIONS FOR WEEK.</p>
<p>LIVE STREAM SCULPT & BURN - HIIT THE DECK EDITION— 9AM EST - REPLAY AVAILABLE (90 MIN) </p>	<p>NEW! FAST FIVE WARM UP + 28 THROW IT ON THE FIRE (OR CARDIO OF CHOICE) (30 MIN)</p>	<p>LIVE STREAM SUNRISE SWEAT 6AM EST - REPLAY AVAILABLE (60 MIN)</p>	<p>THROW IT ON THE FIRE + NO EQUIPMENT UPPER BODY (30 MIN) ZOOM BOOK CLUB 7PM EST</p>	<p>NEW! FAST FIVE + 31 NEW! MINUTE TO WIN IT WORKOUT</p>		

NEW FORMAT!

Sweat like everyone is watching 2/23

BOOK OF THE MONTH:
BIG MAGIC
BY ELIZABETH GILBERT

“Be the weirdo who dares to enjoy.”



“Life a life driven more strongly by curiosity than by fear”

“A must-read for anyone hoping to live a creative life.” —POPSUGAR