

FIT OVER 60

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Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Week 2	Muscle Sculpt: Level 1: 1	Boot Camp: Level 1: 1	Muscle Sculpt: Level 1: 2	Boot Camp: Level 1: 1	Core: Level 1: 1	Walk or Bike 15 minutes
Week 3 Week 4	Muscle Sculpt: Level 1: 1	Boot Camp: Level 1: 1	Muscle Sculpt: Level 1: 2	Boot Camp: Level 1: 1	Core: Level 1: 1	Walk or Bike 20 minutes
Week 5 Week 6	Muscle Sculpt: Full Body 8	Walk or Bike 25 minutes	Pilates 1	Boot Camp: Level 1: 1	Core: Level 1: 1	Walk or Bike 30 minutes
Week 7 Week 8	Yoga 1	Pilates 1	Boot Camp: Level 1: 1	Yoga 2	Pilates 2	Walk or Bike 35 minutes