

SESSION 3: Nov 23 – Dec 20, 2020 (4 weeks!)

REGISTRATION DATES: Nov 4 – Nov 21

Send your "I AM IN!" email along with your full name to: innerathletes@gmail.com!
I will reply with a big "YAHOO!" and a fitness class waiver (if you are new!).

I CAN'T WAIT TO SEE YOU IN ZOOM LAND! It's going to be awesome 😊



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov 23	24	25	26	27	28
	ZOOMIES! 9AM (30-45 mins)	ZOOMIES! 6:45 PM (30-45 mins)		STRONG! 6:30 PM (60 min)		STRONG! 9 AM (60 min)
29	30	DEC 1	2	3	4	5
SUNDAY'S STRETCH & SQUEEZE! 10AM (30-45 mins)	ZOOMIES! 9AM (30-45 mins)	ZOOMIES! 6:45 PM (30-45 mins)		STRONG! 6:30 PM (60 min)		STRONG! 9 AM (60 min)
6	7	8	9	10	11	12
SUNDAY'S STRETCH & SQUEEZE! 10AM (30-45 mins)	ZOOMIES! 9AM (30-45 mins)	ZOOMIES! 6:45 PM (30-45 mins)		STRONG! 6:30 PM (60 min)		STRONG! 9 AM (60 min)
13	14	15	16	17	18	19
SUNDAY'S STRETCH & SQUEEZE! 10AM (30-45 mins)	ZOOMIES! 9AM (30-45 mins)	ZOOMIES! 6:45 PM (30-45 mins)		STRONG! 6:30 PM (60 min)		STRONG! 9 AM (60 min)
20	21	22	23	24	25	26
SUNDAY'S STRETCH & SQUEEZE! 10AM (30-45 mins)						

ZOOMIES! Cardiovascular focus: Fast pace, super sweaty, awesome workout!

STRONG! Strength and stamina focus: Wicked resistance training! Feel your muscles get stronger (especially that core of yours!)

NEW! SUNDAY STRETCH AND SQUEEZE! Flexibility focus: Our bodies deserve a good stretch routine, along with a gentle workout! This will feel AMAZING. Light weights (3-5lbs) and a chair needed (usually).

(PS: This is a burpee free zone! The workouts are designed for us women who are smart enough to know that our bodies can't do what they did in our twenties! If you are looking for challenging yet doable workouts: Welcome to the IA ZOOM TEAM!

Functional training is where it's at! Correcting bad habits, building strong bodies: YES.

You will feel these workouts for sure. But the hurt is the good kind, not the "Oh shit, I shouldn't have done that!" kind!

We are here to FEEL GOOD about what we are doing and how we are doing it 😊)

EQUIPMENT NEEDED FOR STRENGTH TRAINING and ZOOMIES:

Set of light weights: 3 or 5 lbs

Set of heavy weights: 8, 10 or 12 lbs (depending on level of fitness)

Yoga mat for floor work if desired.