



**PILATESBODY**  
— ON-DEMAND —

# April 2023

## PILATES WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Core &amp; Abs</i>	TUESDAY <i>Full Body</i>	WEDNESDAY <i>Intention</i>	THURSDAY <i>WOC or Rest</i>	FRIDAY <i>Lower Body</i>	SATURDAY <i>Upper Body</i>
<ul style="list-style-type: none"> <li>• Thursday's are Workout of Choice (WOC) or Rest Day</li> <li>• There are FIVE new classes this month on the Pilates Calendar!</li> </ul>						<b>1</b> <ul style="list-style-type: none"> <li>■ 12-Minute Spring Break Arms Class #221</li> </ul>
<b>2</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>■ Postnatal Yoga Core Class #229</li> </ul>	<b>4</b> <b>NEW!</b> <ul style="list-style-type: none"> <li>■ Cardio Pilates Band Burnout #235</li> </ul>	<b>5</b> <b>NEW!</b> <ul style="list-style-type: none"> <li>■ Ground &amp; Grow Reformer Flow #234</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>■ Pilates Strong Class #52</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>■ Pilates for Neck &amp; Upper Back Pain Class #197</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>10</b>  <ul style="list-style-type: none"> <li>■ Standing Abs Class #86</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>■ Spring Inspired Mat Pilates #230</li> </ul>	<b>12</b> <b>NEW!</b> <ul style="list-style-type: none"> <li>■ Bloom Into Balance For Postpartum #236</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>■ 25 Minute Pilates Ab and Leg Workout Class #217</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>■ Tank Top Tone Class #172</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>■ TRX Pilates Beginner Abs Class #191</li> </ul>	<b>18</b> <b>NEW!</b> <ul style="list-style-type: none"> <li>■ Cardio Pilates Band Burnout #235</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>■ Bloom Into Balance For Postpartum #236</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>■ Pelvic Floor &amp; Glutes Class #158</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>■ Barre &amp; Bells Class #163</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>■ Simple Ab Circuit Class #44</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>■ Pilates Circuit Class #65</li> </ul>	<b>26</b> <b>NEW!</b> <ul style="list-style-type: none"> <li>■ Ground &amp; Grow Reformer Flow #234</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>■ Postnatal Yoga Glute Challenge Class #214</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>■ Tank Top Arms Class #178</li> </ul>
<b>30</b> <ul style="list-style-type: none"> <li>■ Rest Day</li> </ul>						<p><b>All Workouts on the app</b></p> <p><a href="http://www.pilatesbodyondemand.com">www.pilatesbodyondemand.com</a></p> 