



PILATESBODY
— ON-DEMAND —

September 2023

PRENATAL WORKOUT CALENDAR

SUNDAY <i>Rest Day</i>	MONDAY <i>Lower Body</i>	TUESDAY <i>Core</i>	WEDNESDAY <i>Full Body</i>	THURSDAY <i>Choice</i>	FRIDAY <i>Upper Body</i>	SATURDAY <i>Core/Rest</i>
 <p>All Workouts on the app www.pilatesbodyondemand.com</p>					1 Pilates for Neck and Upper Back Pain Class #197	2 Rest Day
					3 Rest Day	4 Cardio Band Burnout Class #235
10 Rest Day	11 Prenatal Yoga for Hips and Lower Back #219	12 Pilates for Pelvic Health Class #210	13 Prenatal Gentle Yoga #258	14 Workout of Choice	15 12 Minute Spring Break Arm Class #221	16 Rest Day
17 Rest Day	18 Total Body Chair Pilates Class #224	19 Wall Pilates for Pelvic Floor Strength #264	20 Spring Into Labor Prenatal Yoga #228	21 Workout of Choice	22 NEW! Prenatal Yoga for Neck & Shoulders #260	23 Rest Day
24 Rest Day	25 Prenatal Pilates Leg Strengthening Class #196	26 Pre and Postnatal Plank Progression #203	27 Prenatal Yoga for Energy #247	28 Workout of Choice	29 Second Trimester Support Spine Class #146	30 Prenatal 15 Minute Approved Core Class #256