



PILATESBODY
— ON-DEMAND —

October 2023

PRENATAL WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Full Body</i>	TUESDAY <i>Core/Mobility</i>	WEDNESDAY <i>Choice</i>	THURSDAY <i>Upper Body</i>	FRIDAY <i>Lower Body</i>	SATURDAY <i>Core</i>
1 Rest Day	2 NEW! Prenatal Yoga Workout #268	3 Spring Into Labor Yoga Flow #228	4 Workout of Choice	5 Prenatal Yoga for Beginners #220	6 Prenatal Yoga for Pelvic Pain SPD, PGP #248	7 Prenatal Yoga Core Class #240
8 Rest Day	9 Prenatal Gentle Yoga Class #258	10 Prenatal Yoga for SI pain #213	11 Workout of Choice	12 Prenatal Yoga for Neck and Shoulders #260	13 NEW! 5 Pilates Exercises for Sacroiliac Joint Pain #266	14 Pre and Postnatal Plank Progression #203
15 Rest Day	16 Prenatal Fill Your Cup Yoga Class #262	17 Prenatal Yoga for Better Sleep #206	18 Workout of Choice	19 12-Minute Spring Break Arms #221	20 Cardio Pilates Band Burnout #235	21 Pilates Lower Ab Circuit Course #184
22 Rest Day	23 Prenatal Yoga Honor the Mother #239	24 Prenatal Yoga To Avoid Tearing in Birth #193	25 Workout of Choice	26 Pilates for Neck and Upper Back Pain #197	27 Prenatal Yoga for Hand Lower Back #219	28 15-Minute Prenatal Core Class #256
29 Rest Day	30 Prenatal Yoga for Energy #247	31 Prenatal Yoga for Late Pregnancy and Early Labor #201				