



PILATESBODY
— ON-DEMAND —

December 2023

PRENATAL WORKOUT CALENDAR

SUNDAY <i>Recovery</i>	MONDAY <i>Full Body</i>	TUESDAY <i>Mobility</i>	WEDNESDAY <i>Lower Body</i>	THURSDAY <i>Upper Body</i>	FRIDAY <i>Core</i>	SATURDAY <i>Choice</i>
					1	2
					<ul style="list-style-type: none"> ■ Prenatal 15 Minute Approved Core Class #256 	<ul style="list-style-type: none"> ■ Choice Movement for the day
3	4	5 NEW!	6	7	8	9
<ul style="list-style-type: none"> ■ Rest Day 	<ul style="list-style-type: none"> ■ Prenatal Fill Your Cup Yoga #261 	<ul style="list-style-type: none"> ■ Prenatal Yoga For Healthy Digestion #271 	<ul style="list-style-type: none"> ■ Prenatal Pilates Leg Strengthening Class #196 	<ul style="list-style-type: none"> ■ Prenatal Yoga for Neck & Shoulders #260 	<ul style="list-style-type: none"> ■ Prenatal Yoga Core Class #240 	<ul style="list-style-type: none"> ■ Choice Movement for the day
10	11	12	13	14	15	16
<ul style="list-style-type: none"> ■ Rest Day 	<ul style="list-style-type: none"> ■ Prenatal Gentle Yoga #258 	<ul style="list-style-type: none"> ■ Prenatal Yoga For SI Pain Class #213 	<ul style="list-style-type: none"> ■ Cardio Band Burnout Class #235 	<ul style="list-style-type: none"> ■ Second Trimester Supple Spine Class #146 	<ul style="list-style-type: none"> ■ Wall Pilates for Pelvic Floor Strength #264 	<ul style="list-style-type: none"> ■ Choice Movement for the day
17	18	19	20	21	22	23
<ul style="list-style-type: none"> ■ Rest Day 	<ul style="list-style-type: none"> ■ Prenatal Yoga for Energy #247 	<ul style="list-style-type: none"> ■ Prenatal Yoga To Avoid Tearing In Birth #193 	<ul style="list-style-type: none"> ■ Prenatal Yoga for Hips and Lower Back #219 	<ul style="list-style-type: none"> ■ Third Trimester Spinal Mobility #157 	<ul style="list-style-type: none"> ■ Pilates for Pelvic Health Class #210 	<ul style="list-style-type: none"> ■ Choice Movement for the day
24	25	26	27	28	29	30
<ul style="list-style-type: none"> ■ Rest Day 	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> ■ Prenatal Yoga Workout #268 	<ul style="list-style-type: none"> ■ Prenatal Yoga For Sciatica #168 	<ul style="list-style-type: none"> ■ Prenatal Yoga Lower Body Endurance For Birth #192 	<ul style="list-style-type: none"> ■ Spring Into Labor Prenatal Yoga Flow #228 	<ul style="list-style-type: none"> ■ Pre and Postnatal Plank Progression #203 	<ul style="list-style-type: none"> ■ Choice Movement for the day
31						
<ul style="list-style-type: none"> ■ Rest Day 						