spiroLean

presented by Lindora and SpiroFIT

WEEK 1

CARDIO, MEDITATION, FLEXIBILITY, STRESS & FITSTOP CLASSES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEDITATION: LINDORA MANTRA **W/ SKIP**	**FITSTOP:** MOTIVATE YOUR METABOLISM **W/ KELI** **& 10 MINUTE WALK**	**STRENGTH:** DESK WORKOUT **W/ SKIP**	**FITSTOP:** STRESS VS. BREATH **W/ SKIP** **& 10 MINUTE WALK**	**FLEXIBILITY:** CHAIR STRETCH **W/ TAMILEE**	**CARDIO:** WALKING INTO FITNESS **W/ TAMILEE**	**FITSTOP:** RELEASE NECK STRESS **W/ ANA** **& 10 MINUTE WALK**
10 minutes **no equipment** **Participated?** **Y___ N___**	**15 minutes** **no equipment** **Participated?** **Y ___ N___**	**10 minutes** **no equipment** **Participated?** **Y ___ N___**	**15 minutes** **no equipment** **Participated?** **Y ___ N___**	**30 minutes** **no equipment** **Participated?** **Y ___ N___**	**30 minutes** **no equipment** **Participated?** **Y ___ N___**	**15 minutes** **no equipment** **Participated?** **Y___ N___**