

# 21 DAY'S FOR SUCCESS

*led by skip jennings*

21 DAYS

CARDIO, FLEXIBILITY, STRENGTH, PILATES, STRESS & BALANCE CLASSES

<p><b>BEFORE YOU BEGIN</b> WELCOME TO SKIP'S PROGRAM! <b>TEST &amp; ASSESS</b></p>						
<p><b>DAY 1</b> CARDIO &amp; FLEXIBILITY: CARDIO ZEN #1 <b>W/ SKIP</b></p>	<p><b>DAY 2</b> STRENGTH: CIRCUIT TRAINING #1 <b>W/ STEPHANIE</b></p>	<p><b>DAY 3</b> YOGA: YOGA #4 FOR SELF-EMPOWERMENT <b>W/ SKIP</b></p>	<p><b>DAY 4</b> STRESS &amp; REST: INTENTIONS &amp; GOALS MEDITATION <b>W/ SKIP</b></p>	<p><b>DAY 5</b> BALANCE: TAI CHI PART 1 <b>W/ DAVID</b></p>	<p><b>DAY 6</b> PILATES PILATES MAT #1 <b>W/ ANA</b></p>	<p><b>DAY 7</b> YOGA: YOGA #2 <b>W/ SKIP</b></p>
<p><b>DAY 8</b> CARDIO &amp; FLEXIBILITY: CARDIO ZEN #2 <b>W/ SKIP</b></p>	<p><b>DAY 9</b> STRENGTH: F.I.R.E. #5: TOTAL BODY BURN <b>W/ KELI</b></p>	<p><b>DAY 10</b> YOGA: YOGA #7 FOR SELF-EMPOWERMENT <b>W/ SKIP</b></p>	<p><b>DAY 11</b> STRESS &amp; REST: MEDITATION <b>W/ SKIP</b></p>	<p><b>DAY 12</b> BALANCE: TAI CHI PART 2 <b>W/ DAVID</b></p>	<p><b>DAY 13</b> BALANCE: CORE &amp; MORE <b>W/ SKIP</b></p>	<p><b>DAY 14</b> STRESS &amp; REST: MEDITATION <b>W/ SKIP</b></p>
<p><b>DAY 15</b> CARDIO &amp; FLEXIBILITY: CARDIO ZEN #3 <b>W/ SKIP</b></p>	<p><b>DAY 16</b> STRENGTH: BOOTY BUNS <b>W/ TAMILEE</b></p>	<p><b>DAY 17</b> YOGA: YOGA #9 FOR SELF-EMPOWERMENT <b>W/ SKIP</b></p>	<p><b>DAY 18</b> STRESS &amp; REST: MEDITATION <b>W/ SKIP</b></p>	<p><b>DAY 19</b> BALANCE: TAI CHI PART 3 <b>W/ DAVID</b></p>	<p><b>DAY 20</b> CARDIO &amp; FLEXIBILITY: CARDIO ZEN #5 BOSU® <b>W/ SKIP</b></p>	<p><b>DAY 21</b> STRESS: MEDITATION <b>W/ SKIP</b> <b>HOW FAR HAVE YOU COME?</b> <b>TEST &amp; ASSESS</b></p>

