

# INDOOR WORKOUTS FOR EVERYONE

\*none of these workouts require any equipment except for the chair workout which uses a chair

## BEGINNER



### 1 MILE HAPPY WALK

LESLIE SANSONE

⌚ 15 minutes

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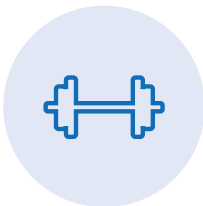


### CHAIR YOGA

For Beginners or Injuries

⌚ 15 minutes

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### STRENGTH TRAINING

Body Weight Low Impact

HOLLY HONJO

⌚ 15 minutes

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## INTERMEDIATE



### DANCE WORKOUT

Low Impact

⌚ 30 minutes

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### PILATES

Total Body

⌚ 20 minutes

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### YOGA+STRETCH

Moderate

⌚ 30 minutes

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## ADVANCED



### HIIT+CORE

Total Body

⌚ 35 minutes

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### KICKBOXING

Total Body

⌚ 40 minutes

[▶ PLAY](#)



### BARRE SCULPTING

Total Body

⌚ 30 minutes

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