

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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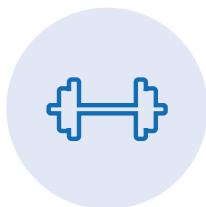


CHAIR YOGA

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

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BARRE SCULPTING

Total Body

⌚ 30 minutes

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