|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Walk & Jog |  | Walk & Kick |  | Classic Walk |  | Sculpt Your Arms |
|  |  |  |  |  |  |  |
| Slim Your Legs |  | Trim Your Tummy |  | Speed Walk |  | Ab Session |
|  |  |  |  |  |  |  |
| Arm Session |  | Leg Session |  | Chest & Back Session |  | Full Body Stretch |
|  |  |  |  |  |  |  |
| Purple Mile |  | Green Mile |  | Blue Mile |  | Red Mile |
|  |  |  |  |  |  |  |
| Yellow Mile |  | Belly Blasting Walk |  | Belly Blasting 1 |  | Belly Blasting 2 |
|  |  |  |  |  |  |  |
| Burn 30 |  | Firm 30 |  | Personal Trainer |  | Biggest Loser |
|  |  |  |  |  |  |  |
| Reebok Stability Ball |  | You Can Do Abs |  | 1 Mile |  | 2 Mile |
|  |  |  |  |  |  |  |
| 3 Mile |  | 4 Mile |  | 5 Mile |  | Perfectly Fit Abs |
|  |  |  |  |  |  |  |
| Perfectly Fit Buns |  | Perfectly Fit Legs |  | Perfectly Fit Arms |  | Step/Stretch & Tone |
|  |  |  |  |  |  |  |
| Turbo Kick |  | Step/Basic Strength |  | Step |  | Step |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |