

# PEOPLE DOING EXERCISE

# FEBRUARY ACTIVITY CHALLENGE

VIRTUAL FITNESS + YOGA SUPPORT x MECO



| MON   | TUE  | WED  | THURS   | SAT  | SUN  |
|---|--|--|---|--|--|
| <b>PAR CORE</b><br>CORE + CARDIO<br><b>6:00P</b>            | <i>pulse + breathe</i><br>MAT PILATES<br><b>6:00P</b>  | <i>Tabata</i><br><b>BOOM</b><br>Tabata Circuit<br><b>6:00P</b> | <b>SCULPT</b><br>CORE + PILATES<br><b>6:00P</b>           | <i>flow</i><br>VINYASA FLOW<br><b>9:30A</b>              | <b>TKO</b><br>BOX + CARDIO<br><b>10:00A</b>                |
| <b>HARDEN FIT</b><br>WEIGHTLIFTING + CARDIO<br><b>7:15P</b> | <b>SWEAT LAB</b><br>TECHNICAL HIIT<br><b>7:15P</b>     | <i>hope</i><br>VINYASA YOGA<br><b>7:15P</b>                    | <b>JIG</b><br>RHYTHM HIIT<br><b>7:15P</b>                 | <b>EXERCISE LAB</b><br>HIIT ESCALATOR<br><b>11:15A</b>   | <b>LEGEND LAB</b><br>TOTAL BODY CIRCUIT<br><b>11:15A</b>   |
| <b>TOLEDO HIIT</b><br>TOTAL BODY CIRCUIT<br><b>9:15P</b>    | <b>FLEX</b><br>MAT PILATES + STRECHING<br><b>8:15P</b> | <b>LEGEND LAB</b><br>TOTAL BODY CIRCUIT<br><b>8:30P</b>        | <b>FORM</b><br>RHYTHM HIIT<br><b>8:15P</b>                | <i>Journey</i><br>VINYASA FLOW<br><b>1:00P</b>           | <i>pulse + breathe</i><br>MAT PILATES<br><b>1:30P</b>      |
| <b>EXERCISE LAB</b><br>HIIT ESCALATOR<br><b>ON DEMAND</b>   | <b>PAR CORE</b><br>CORE + CARDIO<br><b>ON DEMAND</b>   | <b>FLEX</b><br>MAT PILATES + STRECHING<br><b>ON DEMAND</b>     | <i>pulse + breathe</i><br>MAT PILATES<br><b>ON DEMAND</b> | <b>TOLEDO HIIT</b><br>TOTAL BODY CIRCUIT<br><b>2:00P</b> | <b>FLEX</b><br>MAT PILATES + STRECHING<br><b>ON DEMAND</b> |



GETTING STARTED

1

TEXT MECOAPP to 22999

2

DOWNLOAD APP

3

RECEIVE APP INVITE