

PEOPLE DOING EXERCISE

FEBRUARY ACTIVITY CHALLENGE

VIRTUAL FITNESS + YOGA SUPPORT x MECO



MON	TUE	WED	THURS	SAT	SUN
PAR CORE CORE + CARDIO 5:00P	<i>pulse + breathe</i> MAT PILATES 5:00P	<i>Tabata</i> BOOM Tabata Circuit 5:00P	SCULPT CORE + PILATES 5:00P	<i>flow</i> VINYASA FLOW 8:30A	TKO BOX + CARDIO 9:00A
HARDEN FIT WEIGHTLIFTING + CARDIO 6:15P	SWEAT LAB TECHNICAL HIIT 6:15P	<i>hope</i> VINYASA YOGA 6:15P	JIG RHYTHM HIIT 6:15P	EXERCISE LAB HIIT ESCALATOR 10:15A	LEGEND LAB TOTAL BODY CIRCUIT 10:15A
TOLEDO HIIT TOTAL BODY CIRCUIT 8:15P	FLEX MAT PILATES + STRECHING 7:15P	LEGEND LAB TOTAL BODY CIRCUIT 7:30P	FORM RHYTHM HIIT 7:15P	<i>Journey</i> VINYASA FLOW 12:00P	<i>pulse + breathe</i> MAT PILATES 12:30P
EXERCISE LAB HIIT ESCALATOR ON DEMAND	PAR CORE CORE + CARDIO ON DEMAND	FLEX MAT PILATES + STRECHING ON DEMAND	<i>pulse + breathe</i> MAT PILATES ON DEMAND	TOLEDO HIIT TOTAL BODY CIRCUIT 1:00P	FLEX MAT PILATES + STRECHING ON DEMAND



GETTING STARTED

1

TEXT MECOAPP to 22999

2

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3

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