

PEOPLE DOING EXERCISE

FEBRUARY ACTIVITY CHALLENGE

VIRTUAL FITNESS + YOGA SUPPORT x MECO



MON	TUE	WED	THURS	SAT	SUN
PAR CORE CORE + CARDIO 3:00P	<i>pulse + breathe</i> MAT PILATES 3:00P	<i>Tabata</i> BOOM Tabata Circuit 3:00P	SCULPT CORE + PILATES 3:00P	<i>flow</i> VINYASA FLOW 6:30A	TKO BOX + CARDIO 7:00A
HARDEN FIT WEIGHTLIFTING + CARDIO 4:15P	SWEAT LAB TECHNICAL HIIT 4:15P	<i>hope</i> VINYASA YOGA 4:15P	JIG RHYTHM HIIT 4:15P	EXERCISE LAB HIIT ESCALATOR 8:15A	LEGEND LAB TOTAL BODY CIRCUIT 8:15A
TOLEDO HIIT TOTAL BODY CIRCUIT 6:15P	FLEX MAT PILATES + STRECHING 5:15P	LEGEND LAB TOTAL BODY CIRCUIT 5:30P	FORM RHYTHM HIIT 5:15P	<i>Journey</i> VINYASA FLOW 10:00A	<i>pulse + breathe</i> MAT PILATES 10:30A
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 11:00A	FLEX MAT PILATES + STRECHING ON DEMAND



GETTING STARTED

1

TEXT MECOAPP to 22999

2

DOWNLOAD APP

3

RECEIVE APP INVITE