

Melodious March

MOTIVATION PACK



*“The rhythm of the body,
the melody of the mind and
the harmony of the soul
create the symphony of life.”*

- BKS Iyengar

Here's your recommended workout planner for the month of March, alongside some other goodies to help keep you mentally and physically fit and healthy as we head into Spring.

Don't forget to print out and stick your motivational quote close to where you work out!

Melodious March planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 WEEK	28 th Feb LOOKING BACK A brand new workout, recorded before lockdown.	1 March RELEASE THE HIPS A workout from the back catalogue	2 PILLOW PLAYTIME A brand new workout, recorded in Jo's lounge.	3	4 AMAZING ABS A workout from the back catalogue	5/6
	feelings					
2 WEEK	7 BALANCED A brand new workout, recorded before lockdown.	8 FULL BODY BAND A workout from the back catalogue	9 JUST MOVE #6 A brand new workout, recorded in Jo's lounge.	10	11 SERENE STRETCH A workout from the back catalogue	12/13
	feelings					
3 WEEK	14 FULL BODY WEIGHT #2 A brand new workout for you	15 LEG UP A workout from the back catalogue 7PM - MEMBERS' ZOOM CALL	16 BIG BAND A brand new workout for you	17	18 HEAD SPACE A workout from the back catalogue	19/20
	feelings					
4 WEEK	21 BALL PLAY A brand new workout for you	22 CLASSICAL TWIST PT1 A workout from the back catalogue	23 UNWIND A brand new workout for you	24	25 CLASSICAL TWIST PT2 A workout from the back catalogue	26/27
	feelings					
5 WEEK	28 CIRCLE TIME A brand new workout for you	29 FREEDOM A workout from the back catalogue	30 ARM SCULPT A brand new workout for you	31	1 April ABC #7 A workout from the back catalogue	2/3
	feelings					

***“Music is the
soundtrack
to life.
It plays to the
melody of
our being.”***

- Michael Jackson,

*“Every
heart
has its
own
melody”*

- Cassandra Clare,

*“The melodious
song mesmerized
me and cloaked my
soul in a most
liberating embrace
I had never known.
The emotion
enveloped me, and
smothered the
emptiness.”*

- JD Stroube