

## StepSouls October 2021

Mon 4:30p	Tue 4:30p	Wed 4:30p	Thu 4:30p	Sat 8:30a
				<b>2</b> <b>Kettlebell Drills</b> K, WB, M 53 min
<b>4</b> <b>Rhythmic Step</b> S 60 min	<b>5</b> <b>To The Max</b> S,L,D,M,DB-3,5,8,10 53 min	<b>6</b> <b>Party Rockin' Step 1</b> Step Mix Premix S,M 61 min	<b>7</b> <b>Pyramid Pump:</b> Timesaver Premix 4 (Upper Body + 6 Pack Abs 1) S,M,G,B, DB-3,5,8,10,12, 55 min	<b>9</b> <b>STEP BOSS</b> <b>StepSync</b> S 56min
<b>11</b> <b>Step Blast</b> S 55 min	<b>12</b> <b>ICE</b> <b>Rock'm Sock'm Kickbox</b> <b>Basic Premix 1</b> Workout + Icy Core 1 + Stretch M, DB-5 59 min	<b>13</b> <i>Cathe On Demand</i> <b>Greatest Hits – Volume 1</b> <b>Step</b> S,M 67 min	<b>14</b> <b>LITE</b> <b>Body Weights &amp; Bands:</b> <b>Mishmosh Premix 2</b> Mixes 6 Pack Abs 2 in Workout L, SB, T, G, M 53 min	<b>16</b> <b>Low Impact Sweat:</b> <b>Scrambled #1</b> Cardio 1 + Cardio 2 + Blizzard Blast + Stretch S, M, DB-3, 5 55 min
<b>18</b> <b>Athletic Step</b> S,M 47min	<b>19</b> <i>Cathe On Demand</i> <b>IMAX 3</b> S 59 min	<b>20</b> <b>Rock Steady Step + Abs</b> S&M	<b>21</b> <b>Ramped Up Upper</b> <b>Body: Basic Premix 1</b> (Bonus Abs) S, M, T, DB-5,10,12,15, 20, 25,30,35 60 min	<b>23</b> <b>Cathe Low Impact</b> <b>Step-S</b> 54 min
<b>25</b> <b>Party Rockin' Step 2</b> Step Mix Premix S,M 45 min	<b>26</b> <b>Athletic Training</b> S,T,SB,D,M DB 5, 8 56 min	<b>27</b> <i>Cathe On Demand</i> <b>Cathe Live 90 Get</b> <b>Steppin'</b> 44 min	<b>28</b> <b>ICE</b> <b>Chiseled Upper Body</b> <b>Scrambled Premix 3</b> Mixes Icy Core 2 in Workout M, SB, DB-3,5,8,10 55 min	<b>30</b> <b>Part 1 Shred It with</b> <b>Weights (Jillian the</b> <b>Witch) KB,M 30 min</b> <b>Part 2</b> <i>Cathe On Demand</i> <b>320 Halloween Hocus</b> <b>Pocus</b> DB-10,12 29 min

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<b>B=Ball SB=Stretch Band BB=Barbell S=Step T=Tube DB=Dumbbell D=Discs G=Gloves KB=Kettlebell WB=Wrist Band WG= Weighted Gloves L=Loop M=Mat Ch=Chair</b>				