

StepSiSterS June 2021

Mon 4:30	Tue 4:30	Wed 4:30	Thu 4:30	Sat 8:30a
	1 LITE Cardio Party Basic Premix 4 (Workout + Calorie Crush + Stretch) S 54 min	2 Party Rockin' Step 1 S,M 54 min	3 ICE Chiseled Upper Body Basic Premix 2 Workout + Icy Core 2 M, SB, DB-3,5,8,10 55 min	5 STEP BOSS StepSync S 56min
7 New! Rhythmic Step S 60 min	8 ICE Metabolic Total Body Basic Premix 1 Workout + Icy Core 1 + Stretch S, M, DB-5,8,10,12,15 59 min	9 New! Rhythmic Step S 60 min	10 Ramped Up Upper Body: Basic Premix 1 (Bonus Abs) S, M, T, DB-5,10,12,15, 20,25,30,35 60 min	12 ICE Rock'm Sock'm Kickbox Basic Premix 4 Workout + Blizzard Blast + Stretch M 62 min
14 New! Rhythmic Step S 60 min	15 ICE Boot Camp Circuit Basic Premix 1 Workout + Icy Core 1 + Stretch S, M, DB-5,8,10,12,15 55 min	16 Party Rockin' Step 2 S,M 54 min	17 RIPPED Lift It, Hit It Back, Biceps & Shoulders Premix 9 (Abs 2) S, M, SB BB-30,35 DB-5,8, 12,15,20, 30,35 61 min	19 New! Rhythmic Step S 60 min
21 Step, Jump & Pump M, S,BB-25, 40,DB-5,8, ? 73 min	22 ICE Chiseled Lower Body Blast Basic Premix 1 Workout + Icy Core 2 + Stretch M, SB, DB-5,8,10, 12, 15 61 min	23 Step Blast S 55 min	24 RIPPED Lift It, Hit It Chest, Triceps & Shoulders Premix 8 (Abs 1) S,M, DB- 5,8, 10, 12, 15, 25, 30, 35 BB-30, 35 48 min	26 LITE Rev'd Up Rumble Basic Premix 5 (Workout + Calorie Crush + Ext Stretch 1) M, WG 58 min

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28 New! Interval Max (on Rhythmic Step DVD) S 60 min	29 ICE To The Mat: Legs & Glutes Premix 1 Workout + Icy Core 2 + Stretch M, SB, L, B, DB-5,10 63 min	30 Athletic Step S,M 47min	NOTES 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	