

3rd trimester

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Strength Circuit (46:05)	Go for a walk or pick a workout your body is craving!	Barre Circuit (41:53)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	5-Minute Arm Toning Workout (4:14)
3rd Trimester Prenatal Workout with Sheri (20:15)	Go for a walk or pick a workout your body is craving!	Back to the Mat Day 5: Barre on the Beach (14:36)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Pilates Sculpt with Weights (31:31)
Pilates/Barre Combo (40:58)	Go for a walk or pick a workout your body is craving!	5-Minute Arm Toning Workout (4:14)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Full Body Prenatal Workout (14:31)
Barre-Mat Combo (32:15)	Go for a walk or pick a workout your body is craving!	Pilates Sculpt with Weights (31:31)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Prenatal Toning & Tension Release (12:52)