

DANCE: YOUR WAY TO
A HEALTHIER
 MIND & BODY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	<input type="checkbox"/> SEXY SALSA	Notes _____ _____ _____	<input type="checkbox"/> PASO POWER	Notes _____ _____ _____	<input type="checkbox"/> INNER BEAUTY	Notes _____ _____ _____
	Notes _____ _____ _____	RUMBA HAPPY HOUR <input type="checkbox"/>	Notes _____ _____ _____	TONER TRIO <input type="checkbox"/>	Notes _____ _____ _____	SEXY SALSA <input type="checkbox"/>

LABLAST AT HOME WEEKLY GOALS

Overview: _____

Weight: _____

Waistline: _____

Arm: _____

Leg: _____

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 fitness powered by dance[™]