2024
30-Pay Pilates
Challenge



Kickstart 2024 with 30 days of energizing, fun workouts to make you shine



Vision Gonra

FAMILY FITNESS

SKILLS

CAREER

RELATIONSHIPS





MY MANTRA:

EX: I CAN DO HARD T	THINGS, I'M HAVING FUN	
GOAL #1	EX: CHECK EVERY WORKOUT OFF THE LIST!	
● □ GOAL #2		
● □ GOAL #3		



BEGINNER

*Click on the image for the workout! Links will be live when program launches on January 1st

BEGINNER PROGRESSION 4

7



LOWER BODY ACTIVATOR

13



CORE MAT W/ BRETT

19



STRETCHY MORNING MAT

25



DAILY DOSE BASICS

2



MAT W/ ARM WEIGHTS

8



DAILY MAT WITH CHRIS

14



DECOMPRESS YOUR SPINE 1

20



FULL BODY ACTIVATOR

26



ON THE ROAD TO INTERMEDIATE

3



THE MEN'S MAT

9



MAT FOR SHOULDER CARE

15



STRETCH & RELAX

21



PELVIC STABILITY MAT

27



AGE STRONG MAT

4



LOW BACK CARE

10



UNWIND & DE-STRESS WALL

16



QUICK CORE MAT

22



SLOW BURN STOMACH SERIES

28



BEGINNER PROG. 12

5



ARM WEIGHTS W/TWIST

11



HAMSTRING LENGTHENING MAT

17



FUNDAMENTALS MAT

23



SLEEP DEEPLY MAT

29



FREE PLAY FLOW MAT

6



10 MINUTE WORKOUT

12



STAND UP MAT

18



DECOMPRESS YOUR SPINE 2

24



STANDING PILATES FOR BEG.

30



MAT ESSENTIALS RESTORATIVE



INTERMEDIATE

5 MINUTE AB BLAST

*Click on the image for the workout! Links will be live when program launches on January 1st

ENERGY BOOST FLOW 7 MAT ESSENTIALS - FLOW 13 **EXTRA OOMPH MAT** 19 MAT BURST WITH CHRIS 25

LEG LENGTHENING MAT



IMAGINE MAT

CORE FIRE MAT

RHYTHM MAT WITH CARY

14

20

26



3



ABDOMINAL BLITZ W/ BLOSSOM





SWEATY 20 MAT



5



INTERMEDIATE MAT W/ SONJÉ

ADVANCED

10

ESPRESSO MAT

*Click on the image for the workout! Links will be live when program launches on January 1st

3

INT TO ADV SERIES 11 - FLOW 7 STANDING PILATES CHALLENGE 13 SUPERMODEL LEGS W/ MEJO 19 KILLER ABS FULL WORKOUT 25 26 ALL OF IT MAT



SUPER ADVANCED MAT

SUPER MAT

INTENSITY MAT: CARDIO

14

20



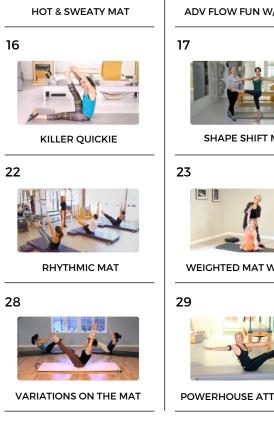
IGNITION MAT







MAT ESSENTIALS - OPENING





REFORMER

*Click on the image for the workout! Links will be live when program launches on January 1st



REFORMER MAGIC

7



VROOM VROOM REFORMER

13



REFORMER 3601 - POSTURE

19



8 STEP CLASSICAL REFORMER 8

25



EXPRESS REFORMER NO BOX

2



MIDLINE REFORMER

8



HEAT UP YOUR HIPS REFORMER

14



REFORMER GOALS 1-TENDON STRETCH

20



PELVIC SUNGLASSES REFORMER

26



STUDIO BURN: REFORMER

3



10 MINUTE STREGNTH & LENGTH

9



SWEATY 20 REFORMER

15



ZIPPY INT REFORMER

21



REFORMER **GOALS 2 - TEASER**

27



RESULTS REFORMER W/CHRIS



COMPLETE BASIC REFORMER

10



REFORMER REFUELER

16



NONSTOP INT REFORMER

22



JUMP ON IT REFORMER

28



REFORMER GOALS 3 -**SNAKE TWIST**

5



RESIST YOUR SPRINGS REFOMER

11



DECOMPRESS SPINE 5 -REFORMER

17



Reformer 360 3 - Stretch

23



RESULTS REFORMER W/SONJÉ

29



REFORMER PROGRESSION 3

FEEL GOOD REFORMER FLOW

12

6



REFORMER AT HOME

18



STRENGTH LENGTH REFORMER

24



CLASSICFIT REFORMER

30



REFORMER 360 6 - FLOW