



**YOUR FEBRUARY ITINERARY AT A GLANCE!**  
**MARK THESE DATES AND TIMES ON YOUR CALENDAR NOW**  
**THEME: BALANCE**

DATE	TIME	EQUIPMENT	INSTRUCTOR
February 2	12:00p PT	PILATES CHAIR	Christine Crooks
February 9	12:00p PT	BOSU + PROPS	Cathy Redifer
February 16	12:00p PT	REFORMER	Portia Page
February 23	12:00p PT	BODYWEIGHT	Tasha Edwards

Upon purchase of this pass, Zoom links will be sent via email 12-24 hours in advance of each Platinum Pass week if you're joining us live. Please access the "All the juicy details" section for more information and to access the recording (2 hours after) if you're doing this again or taking this session on-demand. The video will remain housed inside this course on LevelUpMVMT.com and you have access to these indefinitely after purchasing your pass. NOTE: This course may not stay "published" live on the site, but it will always be behind the scenes for you to access.