

August

2022

GET FREE ACCESS TO EVERY SATURDAY LIVE (1ST 500 MEMBERS ONLY!), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL TODAY!](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 #29 25 Min Healthy Break in the Day Chair Stretch	2	3	4	5	6 No LIVE virtual!
7	8 #30 15 Min Wake Up Well (mat-based)	9	10	11	12	13 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
14	15 #31 30 Min PM Relax & Unwind Stretching & Breathing (chair-based)	16	17 <i>LIVE Prayer Zoom for Death of a Feminist Subscribers: 7pm EST</i>	18	19	20 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
21	22 #32 30 Min Pilates-Inspired Core Strength on the Mat	23	24	25	26	27 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
28	29 #33 20 Min Energy Boost on the Mat (standing core & legs)	30	31			

*NOTE: Monday listings are the newest *pre-recorded* workouts being uploaded to the [Free Weekly Workout Resource](#). If you haven't already, click any Monday workout to sign up for the Free Weekly Workouts and receive a growing library of workouts as they unlock on a weekly timetable based on your sign up date. Unlock them all immediately as they post through this [Weekly Workout Upgrade resource](#). NOTE: This upgrade resource is another included product in the Keola® Fit & Fier Club.