

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Always Post -->	Success Stories + Anything for Members to be excited about (Upcoming Events, New Gear, New services, Products, Expanded Class Times etc)						
Quick! Post a....	Sunday Funday QUICK Post a selfie!	...QUICK Post a Motivational Quote!	QUICK Post that exercise you HATE!	QUICK! Post a selfie - "Where you at Wednesday"	QUICK! Take of pic of the NEXT thing you eat!	QUICK! Post the 1 song that gets you PUMPED like nothing else!	QUICK! Post a pic of where you'd teleport right now!
Comment with...	Share something AWESOME that happened recently	Who can I count on seeing today? This week?	Caption This Picture! (could also be a Contest)	Describe your last class in 3 words...	Roll Call! Who's here and ready for .... The weekend?!	...The ONE thing you're looking forward to this weekend	Post up your Weekend Cheat Meal!
Class Pics / Clips	Best of Pics from Last Week	Muscle Monday Class Pics - FLEX!	Give member some love they've got awesome technique	Welcome Wednesday - Pics of Newbies	Pic of Team Member Being Incredible at what they do,	Friday Got me like.... :)	Group Class Flex Sesh
Shoutouts / Results / Social Proof	Member Highlight / Success Story	Birthday Shoutouts - TAG tag tag!	Member Highlight / Success Story	Shoutout to Local Business - Member perks	Meet a fellow member interview	Flashback - Pictures from events or outings	Success Story / Member Highlight
Fill in the Blank	If I could describe my weekend with one word it would be...	Emoji to Best describe my current mood is...	I am Happiest When....	The Best Part of Working out is...	The Best Part of my Job is....	The Biggest Challenge I ever had to Overcome was...	The one APP I can't live without is....
Engagement	What are your Goals for the week?	Post a workout meme let's motivate each other!	Instructors Tag the MIAs - get em back in class!	TAG who motivates you! OR Comment with WHAT motivates you to keep going.	Weekend Warrior Challenge - Who's up for it? Mini Challenge - No white bread etc Comment I'm In	When will I see you next?	ADD-urday - Add 1 Person you think would LOVE our classes!
Info / Tips / Added Value	Health Mythbusters	Things to be excited about - Events / Sales etc	Technique Tuesday	Post Class Tip -Helpful thoughts after running classes all day	What's working in my life, thought I'd share w you!	On the Go Workout for you Travelers!	Meal Prep Tips to help you Crush next week!
LIVE Video	Meal Prep at Home with Instructors - Healthy living	Selfie Video - GO LIVE same time weekly - 30 Mins Before Page (consistency) - Give Value- Motivation / Mindset /	LIVE video during HIGH energy classes	GO LIVE - "Weekly Wednesday Winners!" of Contest	Selfie Video - GO LIVE same time weekly - 30 Mins Before Page (consistency) - Give Value Motivation / Mindset /	LIVE video during HIGH energy classes	LIVE video during HIGH energy classes
Weekly Contest	BUMP the Contest w/ Comments	BUMP the Contest w/ Comments	BUMP the Contest w/ Comments		Hype Tomorrow's Contest	Weekly Contest! - Like / Comment Below to WIN....	BUMP the Contest w/ Comments