

December

Click the Saturday class to pre-register.

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2023

GET FREE ACCESS TO EVERY SATURDAY LIVE (A LIMITED MEMBER OFFERING), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A VIP KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
3 <i>Highlighted Program w/ Christmas Discount: 50% off First Month Fit & Fiery Membership: Try It FREE</i>	4 <i>Instructor Only Q&A 8am EST</i> Morning Focus Workout of the Week: #30 15 Min Chair Stretch to Wake Up Well	5	6	7	8	9 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
10	11 <i>Instructor Only coffee: 8am EST</i> Stress Relief Workout of the Week: #18 12 Min Neck Stretching + Breathing	12	13	14	15	16 No Virtual Class
17	18 Keola Community Coffee: 8am EST/7am CST PW: 1111 Support Strength + Balance Workout of the Week: #46 20 Min Quick Energy Boost	19	20	21	22	23 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
24/31	25	26	27	28	29	30 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)

*If you haven't already, sign up for the [Free Weekly Workout Resource](#) and receive a library of 70 workouts unlocking on a weekly timetable. NOTE: Get all these workouts now, plus Bible study workout programs, workout guides, and more included in the [Keola® Fit & Fiery Club](#), both the Basic (\$15/month) and VIP (\$30/month) memberships.