

April

Click the Saturday class to pre-register.

2024

GET FREE ACCESS TO EVERY LIVE (A LIMITED MEMBER OFFERING for VIPs Only), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WELLNESS PROGRAM & BIBLE STUDY, + MORE: [START YOUR FREE VIP KEOLA® FIT & FIERY CLUB TRIAL TODAY!](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the Community Conversation + Share Your Journey	1 Instructor Only Q&A 8am EST Energy: Beat Afternoon Slump Workout of the Week: #46 20 Min Quick Energy Boost on Mat	2	3	4 25 Min LIVE virtual Keola® PM Chair Stretch + Breathe @ 8pm EST VIP Members Only	5	6 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
7	8 Instructor Only coffee: 8am EST Recovery Workout of the Week: #48 15 Min Post-Workout/PM Stretch (mat)	9	10	11 25 Min LIVE virtual Keola® PM Chair Stretch + Breathe @ 8pm EST VIP Members Only	12	13 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
14	15 Instructor Only devo: 8am EST Core + Posture Workout of the Week: #64 15 Min Healthy Work Break for the Core (chair)	16	17	18 25 Min LIVE virtual Keola® PM Chair Stretch + Breathe @ 8pm EST VIP Members Only	19	20 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
21	22 Keola Community Coffee: 8am EST/7am CST PW: 1111 Core + Posture Workout of the Week: #27 20 Min Gentle Core (Mat)	23	24	25 25 Min LIVE virtual Keola® PM Chair Stretch + Breathe @ 8pm EST VIP Members Only	26	27 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
28	29 Focus, Stress Relief, + Sleep Support Workout of the Week: #55 15 Min Destress Deep Stretching + Breathing (chair)	30				

*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.