

Kelly Coffey-Meyer's 2016 Holiday Rotation

For your Holiday Trim Down/Stay Fit rotation, alternate the following weeks through January:

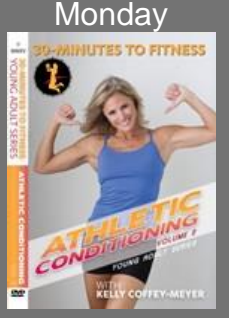
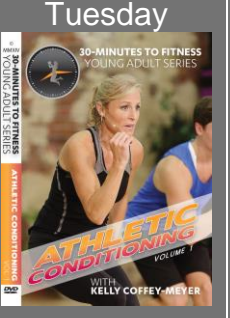
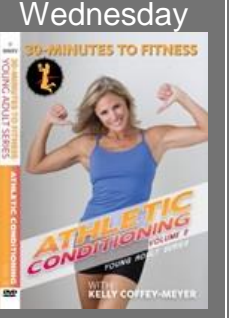
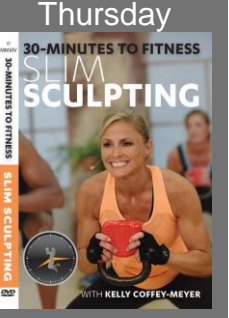
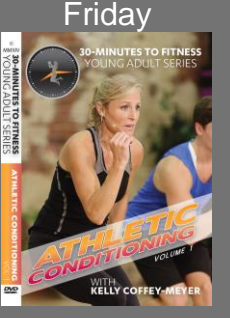
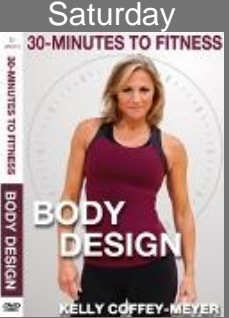
WEEK 1:

 <p>Monday 30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>Tuesday 30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>	 <p>Wednesday 30-MINUTES TO FITNESS AMPED-UP CARDIO LIVE WITH KELLY COFFEY-MEYER</p>	 <p>Thursday 30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>	 <p>Friday 30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS AMPED-UP CARDIO LIVE WITH KELLY COFFEY-MEYER</p>
<i>Meltdown 1</i>	<i>Body Design pick 2</i>	<i>Amped-Up Cardio LIVE</i>	<i>Body Design pick 2 more</i>	<i>Meltdown 2</i>	<i>Amped-Up Cardio LIVE</i>

WEEK 2:

 <p>Monday 30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	 <p>Tuesday 30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>Wednesday 30-MINUTES TO FITNESS CARDIO PUMP THE ORIGINAL 30 MINUTE WORKOUTS WITH KELLY COFFEY-MEYER</p>	 <p>Thursday 30-MINUTES TO FITNESS YOUNG ADULT SERIES ATHLETIC CONDITIONING VOLUME 1 WITH KELLY COFFEY-MEYER</p>	 <p>Friday 30-MINUTES TO FITNESS STRENGTH AND STAMINA WITH KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS MELTDOWN KELLY COFFEY-MEYER</p>
<i>Strength & Stamina 1</i>	<i>Cardio Pump 1</i>	<i>Cardio Pump 2</i>	<i>AC 1 Workout 1</i>	<i>Strength & Stamina 2</i>	<i>Meltdown pre-mix pick 1</i>

WEEK 3:

 <p>Monday 30-MINUTES TO FITNESS YOUNG ADULT SERIES ATHLETIC CONDITIONING VOLUME 2 WITH KELLY COFFEY-MEYER</p>	 <p>Tuesday 30-MINUTES TO FITNESS YOUNG ADULT SERIES ATHLETIC CONDITIONING VOLUME 1 WITH KELLY COFFEY-MEYER</p>	 <p>Wednesday 30-MINUTES TO FITNESS YOUNG ADULT SERIES ATHLETIC CONDITIONING VOLUME 2 WITH KELLY COFFEY-MEYER</p>	 <p>Thursday 30-MINUTES TO FITNESS SLIM SCULPTING WITH KELLY COFFEY-MEYER</p>	 <p>Friday 30-MINUTES TO FITNESS YOUNG ADULT SERIES ATHLETIC CONDITIONING VOLUME 1 WITH KELLY COFFEY-MEYER</p>	 <p>Saturday 30-MINUTES TO FITNESS BODY DESIGN KELLY COFFEY-MEYER</p>
<i>AC 2 Workout 1</i>	<i>AC 1 Workout 1</i>	<i>AC 2 Workout 2</i>	<i>Slim Sculpting 1&2 combined pre-mix</i>	<i>AC 1 Workout 2</i>	<i>Body Design all segments</i>

ENJOY THE HOLIDAYS!