



Pietra Fitness December Workout Plan 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Sunday Rest</i> i	¹ <u>Live for Advent: Abs and Arms</u> 34 min	² <u>Live for Advent: Gentle Leg Toning</u> 37 min	³ <u>Advent: Hip & Healthy</u> 29 min	⁴ <u>Finding Rest in Advent</u> 30 min	⁵ <u>Advent: Gettin' to the Core</u> 29 min	⁶ <u>Advent: Energy Boost</u> 40 min
<i>Sunday Rest</i> ii	⁸ <u>Advent: Hip & Healthy</u> 29 min	⁹ <u>Advent: Armed With Faith</u> 29 min	¹⁰ <u>Advent: Tenacious Legs</u> 29 min	¹¹ <u>Advent: Lower Body Roll</u> 27 min	¹² <u>Advent: Gettin' to the Core</u> 29 min	¹³ <u>Live for Advent: Balance & Tone</u> 43 min
<i>Sunday Rest</i> iii	¹⁵ <u>Live for Advent: Bolder Shoulders</u> 37 min	¹⁶ <u>Live for Advent: Fix Your Posture</u> 38 min	¹⁷ <u>Live for Advent: Restore your Pelvic Floor</u> 34 min	¹⁸ <u>Advent: Peace 101</u> 32 min	¹⁹ <u>Live for Advent: Balance & Tone</u> 43 min	²⁰ <u>Advent: Armed With Faith</u> 29 min
<i>Sunday Rest</i> iiii	²² <u>Live for Advent: Balance & Tone</u> 43 min	²³ <u>Live for Advent: Armed for Life</u> 32 min	²⁴ <u>Christmas: Total Tone Up</u> 35 min	²⁵ <i>Merry Christmas!</i>	²⁶ <u>Crushing our Vices: Pride/Humility (Hips)</u> 28 min	²⁷ <u>Crushing our Vices: Anger/Meekness (Arms & Shoulders)</u> 30 min
<i>Sunday Rest</i> v	²⁹ <u>Crushing our Vices: Gluttony/Temperance (Balance)</u> 35 min	³⁰ <u>Crushing our Vices: Lust/Chastity (Legs)</u> 35 min	³¹ <u>Crushing our Vices: Greed/Generosity (Bums & Tums)</u> 33 min	May we prepare the heart and mind, body and soul, this Advent season as we await the coming of Christ Jesus who brings us peace and joy. To access the videos, hit the link for each day or log into the Pietra Fitness online studio and go to 'Classes'. Tag us on Instagram and let us know how it's going!		

"For unto us a child is born" - Isaiah 9:6