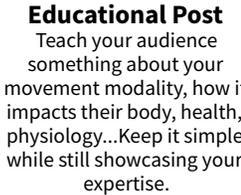


July

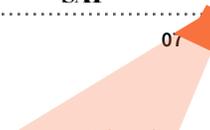
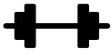
THE
**Revenue
Remedy**

SUN	MON	TUE	WED	THU	FRI	SAT
	 01 GOAL-SETTING MONDAY Ask your audience what their goals for the new month are!	 02 Member Highlight Shine the spotlight on a member who's been crushing it lately.	 03 Promote your email list encourage people to subscribe to your list to learn about upcoming events, promotions, studio news	 04 4th of July Wish people a happy 4th and post updated hours if needed!	 05 International Bikini Day Share a message on body positivity or a relevant workout.	 06 PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!
 07 Share an article that ties together an element of your paradigm and an interest/concern/curiosity of your audience.	 08 Meatless Monday Share your favorite vegan recipe.	 09 TUESDAY TIP Post a mindfulness, meditation, or wellness tip!	 10 REVENUE REMEDY WEEKLY CHALLENGE Boost Post	 11 Instructor Highlight Host a Facebook Live Q&A with one of your instructors!	 12 Share a testimonial from a client. Bonus points if it's a video!	 13 Share any upcoming promos or offers
 14 Share a healthy brunch recipe	 15 Weekend Warriors SHARE AN IMAGE FROM A WEEKEND CLASS	 16 Share a piece of content tagged with your studio's hashtag. Encourage your audience to use the hashtag!	 17 Hump-Day Pick-Me Up Share a quick workout to get that blood pumping mid-week.	 18 FACEBOOK / INSTAGRAM LIVE Class Spotlight Show a snippet of a popular class and explain what it is, what it involves, how your client benefits from this class	 19 Post a 5-minute desk-friendly workout for everyone stuck at work.	 20 PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!
 21 FACEBOOK/ INSTAGRAM LIVE Share a video about how you spend your day off.	 22 Motivation Monday	 23 Educational Post Teach your audience something about your movement modality, how it impacts their body, health, physiology...Keep it simple while still showcasing your expertise.	 24 #WCW WOMAN CRUSH WEDNESDAY SHARE A POST ABOUT A FEMALE ATHLETE THAT INSPIRES YOU.	 25 Try-it Thursday Post an upgraded variation of a common exercise and challenge your audience to give it a shot.	 26 Friday Favorites Go-to grab and go breakfast that's healthy + delicious	 27 Post your favorite inspirational quote.
 28 Sunday Stretches Share your favorite stretches for an active rest day.	 29 Mental Health Monday Talk about the mood-boosting benefits of exercise. Bonus points if you have a story to go with it.	 30 International Friendship Day Invite audience to bring a friend along to their next session.	 31 FACEBOOK LIVE What you need to know before your first Pilates/Yoga/Barre etc. class. End with an invite to sign up!			

August

SUN	MON	TUE	WED	THU	FRI	SAT
				01 Instructor Highlight Host a Facebook Live Q&A with one of your instructors!	02  Share your favorite fitness meme!	03  PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!
04  Workout Buddy Post a picture with your workout buddy (even if it's your dog) and encourage people to do the same. Don't forget your hashtag!	05  Mental Health Monday Talk about the mood-boosting benefits of exercise. Bonus points if you have a story to go with it.	06  FACEBOOK / INSTAGRAM LIVE Class Spotlight Show a snippet of a popular class and explain what it is, what it involves, how your client benefits from this class	07  #WCW WOMAN CRUSH WEDNESDAY SHARE A POST ABOUT A FEMALE ATHLETE THAT INSPIRES YOU.	08  Host a virtual "drop in" class via Facebook Live , let people at home follow along and get a taste of what your classes are like!	09  Friday Favorites Share your favorite warm weather-friendly gear. Bonus points if you sell it at the studio!	10  National Lazy Day Share some rest day ideas.
11  Share some meal prep ideas.	12  Post a 5-minute desk-friendly workout for everyone stuck at work.	13  TUESDAY TIP Post a mindfulness, meditation, or wellness tip!	14  REVENUE REMEDY WEEKLY CHALLENGE Boost Post	15  Member Highlight Shine the spotlight on a member who's been crushing it lately.	16 Share an educational post about the benefits of your studio's specialization.	17  PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!
18  Promote your email list encourage people to subscribe to your list to learn about upcoming events, promotions, and studio news.	19 # Share a piece of content tagged with your studio's hashtag. Encourage your audience to use the hashtag!	20  TUESDAY TIP Talk about any specialized clothing/gear that you use, and how your audience can choose the right type for their needs.	21 Hump-Day Pick-Me Up Share a quick workout to get that blood pumping mid-week.	22 Share a healthy snack or meal recipe... you may not offer any food-related services at your studio, but this type of content ties into the lifestyle you're promoting for your community.	23  Share a testimonial from a client. Bonus points if it's a video!	24  Share any upcoming promos or offers
25  Stress-bust Sunday Share a high-intensity workout for anyone who wants to get their blood pumping.	26 WW Weekend Warriors SHARE AN IMAGE FROM A WEEKEND CLASS	27  Share a how-to post.	28  Share your favorite workout music and ask your audience to share their own.	29 #tbt THROWBACK THURSDAY Share the story behind how your studio first began.	30  Friday Favorites Share your favorite outdoor workout.	31  PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!

September

SUN	MON	TUE	WED	THU	FRI	SAT
<p>01</p>  <p>GOAL-SETTING SUNDAY Ask your audience what their goals for the new month are!</p>	<p>02</p>  <p>Member Highlight Shine the spotlight on a member who's been crushing it lately.</p>	<p>03</p>  <p>Healthy doesn't have to mean boring. Share a healthy recipe for a classic comfort food.</p>	<p>04</p>  <p>Share your favorite healthy smoothie recipe</p>	<p>05</p>  <p>TRY-IT THURSDAY Challenge your audience to incorporate a new healthy habit for 3 weeks.</p>	<p>06</p>  <p>Share your workout clothes.</p>	<p>07</p>  <p>Instructor Highlight Host a Facebook Live Q&A with one of your instructors!</p>
<p>08</p>  <p>Self-Care Sunday</p>	<p>09</p>  <p>Mythbuster Monday Bust a common industry-myth and establish your expertise.</p>	<p>10</p>  <p>Tuesday Tip Post a mindfulness, meditation, or wellness tip!</p>	<p>11</p>  <p>REVENUE REMEDY WEEKLY CHALLENGE Boost Post</p>	<p>12</p>  <p>Share a modification of a common exercise. <i>(It can be modified for people with injuries, a more challenging variation, or an easier version.)</i></p>	<p>13</p>  <p>Share a testimonial from a client. Bonus points if it's a video!</p>	<p>14</p>  <p>PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!</p>
<p>15</p> <p>Slow Down Sunday Encourage your audience to find time to rest, recharge, and refresh. Give thoughts or ideas around intentional living.</p>	<p>16</p>  <p>MONDAY MERCH Rock some studio swag and snap a selfie.</p>	<p>17</p> <p>POST A SERIES OF "Day in the Life" Instagram Stories or Facebook Lives. GIVE YOUR AUDIENCE A PEAK BEHIND THE CURTAINS AND SHOW THEM WHAT YOUR DAY IS LIKE.</p>	<p>18</p> <p>Hump-Day Pick-Me Up Share a quick workout to get that blood pumping mid-week.</p>	<p>19</p>  <p>THANKFUL THURSDAY Share something you're grateful for this week and ask your audience the same for a mid-week pick-me up.</p>	<p>20</p>  <p>Promote your email list encourage people to subscribe to your list to learn about upcoming events, promotions, studio news</p>	<p>21</p>  <p>Share any upcoming promos or offers</p>
<p>22</p>  <p>Sunday Snooze Share a post about the importance of sleep for overall health and wellness.</p>	<p>23</p>  <p>Weekend Warriors SHARE AN IMAGE FROM A WEEKEND CLASS</p>	<p>24</p>  <p>Early Birds Snap a selfie with your earliest class of the day.</p>	<p>25</p>  <p>#WCW WOMAN CRUSH WEDNESDAY SHARE A POST ABOUT A FEMALE ATHLETE THAT INSPIRES YOU.</p>	<p>26</p>  <p>Thursday Top 3 Share a post about your 3 most popular classes & their benefits.</p>	<p>27</p>  <p>Friday Favorites Share your favorite fall trails/hikes in your area!</p>	<p>28</p>  <p>PLANNING DAY Don't worry about posting today. Instead, get the next 2 weeks of content mapped out and scheduled!</p>
<p>29</p>  <p>What's in my gym bag? Share your workout essentials.</p>	<p>30</p>  <p>Post a 5-minute desk-friendly workout for everyone stuck at work.</p>					