



WEEKLY WELLNESS WORKOUT

Monday, April 13, 2020

*"I have failed over and over and over again in life,
and that is why I succeed."*

-Michael Jordan

The Plan

- Monday Strength Work
- Tuesday Cardio Fun
- Wednesday Strength Work
- Thursday Cardio Fun
- Friday Strength Work
- Saturday Board Game Challenge



Follow us on Twitter (@NYAPanthers) for special challenges, The Coaches Corner, student spotlights, and NYA Athletic Trivia!