



WEEKLY WELLNESS WORKOUT

Monday, April 6, 2020

The Plan

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

"When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel."

-Harold Kushner



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