

STRONG 2.0 WEEK 3: ACCELERATE

OCTOBER 31ST - NOVEMBER 6TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>How can we ACCELERATE our progress? Try this circuit workout led by our personal trainers! https://www.youtube.com/watch?v=n-YhXKrGSQ8&list=PLQfginTusm018hSsiR__OmqPtoAXaHqdF&index=28</p>	<p>Want to get your heart pumping? Join Kim at 5:30PM for PIYO on Tuesday, 11/2 in PR 2 (or catch the recording later on our Y's Facebook page)!</p>	<p>Ready to connect with the Strong Community nationwide? Register for Strong Lives at 3PM. https://www.eventbrite.com/e/stronglives-small-groups-tickets-173535919607</p>	<p>Wednesday WOD (20 reps repeat circuit five times) 1. Jump Squats 2. Romanian Deadlift 3. Walking Lunges 4. Dumbbell Curl and Overhead Press 5. Plank Shoulder Taps Wednesday Recipe: https://www.foodnetwork.com/recipes/food-network-kitchen/healthy-bbq-salmon-sheet-pan-dinner-3770682</p>	<p>Join Udit as he leads you through this meditation topic: Make Happiness a Habit. Register here: https://calendly.com/kcymca/strong-2-0-meditation-series-part-2-secrets-to-meditation</p>	<p>It's time to ACCELERATE your heart rate again and feel the beat with Wendy's 9AM Cardio Kickboxing class in Gym 2A on 11/5 or do it live on our Facebook page!</p>	<p>Attend our Fall Preview of Group Exercise and Cycling classes at our YMCA from 8AM-11:00AM. Download our Kosciusko Community YMCA APP for the schedule. You can win a prize in our Wall Sit Challenge at 8:45AM!</p>