

STRONG 2.0 WEEK 4: EXPAND

NOVEMBER 7TH - NOVEMBER 13TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sign up for our free A1C screenings on November 9th or November 12th https://calendly.com/kcymca/a1c-screenings-clone</p>	<p>Expand your workouts! Join our 8:30AM Strong 30 class in PR 2 or via Zoom https://us02web.zoom.us/j/8526258214</p>	<p>Step to it! Lauren is LIVE on our Facebook Page with an awesome Step and Sculpt workout at 4:30PM!</p>	<p>Workout of the Day Wednesday. Join our Personal Trainer, Josh for his Circuit Workout. https://www.youtube.com/watch?v=cdEg67qCYU&list=PLQfginTusm018hSsiR_OmqPtoAXaHqdF&index=30 Recipe Link: https://spacebetweenblog.com/2021/07/16/cauliflower-taco-bowl/</p>	<p>Join Udit for his 6:15PM Yoga and Meditation class: https://calendly.com/kcymca/strong-2-0-meditation-series-part-2-secrets-to-meditation</p>	<p>Workout of the Day Wood choppers(15 reps) Renegade Rows (20 reps) Mountain Climbers (30 reps) Incline Pushups (15 reps) Tricep Dips (15 reps) Jump Squats (15 reps) Repeat the Circuit</p>	<p>Try this Core Work out with Coach Lee: https://youtu.be/tmZ9bZUGAs8</p>