

STRONG 2.0 WEEK 5: CELEBRATE

NOVEMBER 14TH - NOVEMBER 20TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>It's Circuit Sunday with Lauren. Catch her circuit workout here: https://youtu.be/e95vCp6BFss</p>	<p>Celebrate with a Classic Cardio and Strength workout with Tracy. Click here: https://youtu.be/ZMCEisf0hSw</p>	<p>Tabata Tuesday is here with Coach Bridget! Check it out here: https://vimeo.com/639535993</p>	<p>Come Celebrate in Denise's Dance Fit class at 5:30PM in PR 2 at our YMCA. Recipe Wednesday: https://spacebetweenblog.com/2021/02/14/sweet-potato-salad/</p>	<p>Join Udit for his final meditation class on relationships at 6:15PM on Thursday in MPR 1 https://calendly.com/kcymca/strong-2-0-meditation-series-part-2-secrets-to-meditation</p>	<p>It's Fri-YAY! Come join Angie for 9AM Zumba Toning in PR 2 at our YMCA. Dance and tone at the same time. CELEBRATE your success!</p>	<p>It's your last WOD for the Strong 2.0 Challenge. Way to CROSS that finish line! https://stronglife.org/dev/wp-content/uploads/2021/10/WOD-wk3-3.jpg</p>