



REINVEST



Find a way to give of talents, treasures or time to improve your community.

Goal	Monday	Tuesday	Wednesday
	Monday - Start your week off to reinvest in you. Find your center with LIVE Yoga at 11:00am.	Tuesday - Challenge day - time trial of 2-3 miles. Track your time and see how you have improved since the start of the challenge.	Wednesday - 30 minute blogging. Take time to walk to stay active in your community while making sure it stays beautiful by picking up rubbish along the entire walk.
Thursday	Friday	Saturday	Sunday
Thursday - Time to be strong and move with LIVE Barre at 10:00am.	Friday - Don't forget to REST, it's ok to take a day to listen to your body for rest and recover. Keep hydrated even on an rest day!	Saturday - Band Together Workout on On-Demand Sunday - 20-30 minutes of mindfulness with Coach Stacey	Sunday - 20-30 minutes of mindfulness with Coach Stacey

