



REFRESH



Add to our fitness goals with one weekend of clean eating.

Goal	Monday	Tuesday	Wednesday
<p>One Weekend of Clean Eating</p> <p>"Eat the rainbow" minimum 2-3 fruit and veggie servings</p> <p>Drink at least 64 oz of water daily</p> <p>Shop fresh, avoid processed food (no take out)</p>	<p>Monday</p> <p>30 minute interval walk or run (1 high intensity, 1 minute recovery)</p>	<p>Tuesday</p> <p>Visit your local YMCA to catch a workout or class.</p>	<p>Wednesday</p> <p>LIVE Yoga class 11:00am EST</p>
Thursday	Friday	Saturday	Sunday
<p>Thursday - Tabata</p> <p>20 sec. work, 10 sec. rest each circuit twice.</p> <p>Circuit #1 - Jumping Jacks, Mountain Climbers, High Knees, Jump Rope, Burpees, Skaters, Speed Bag Burnout</p> <p>Circuit #2 - Wall Sit, Push Ups, Air Squats, Plank, Floor Bridges, Lunges, Crunches, Superman</p>	<p>Friday</p> <p>Mindfulness Walk</p> <p>take a 20 minute walk outside to disconnect and clear your mind</p> <p>Clean Eating Weekend</p> <p>Minimum 2-3 fruit and veggie servings</p>	<p>Saturday</p> <p>Band Together Workout</p> <p>Clean Eating Weekend</p> <p>Drink at least 64 oz of water daily</p>	<p>Sunday</p> <p>On-Demand Cardio Barre with Sarah</p> <p>Clean Eating Weekend</p> <p>Shop fresh, avoid processed food</p>

