



REPLAY



Find ways to fit fun into your week along with other goals.

Goal	Monday	Tuesday	Wednesday
	Monday 20-30 minutes of mindfulness exercise. Ground yourself for the week ahead.	Tuesday LIVE Zumba Zoom class, 6pm	Wednesday Outdoor Walking or Running Scavenger Hunt - find and capture 5 items that are unique.
Thursday	Friday	Saturday	Sunday
Thursday National Dance Party 8pm EST Facebook Live	Friday - Circuit Workout 3 rounds of squats, lunges, pushups, tricep dips, planks, mountain climbers, glute bridge, bicycle crunches, and superman Round 1 - 8 repetitions Round 2 - 12 repetitions Round 3 - 16 repetitions	Saturday Band Together On-Demand workout	Sunday Dance Party workout 30 minutes of at-home family dancing (Share your playlist)

