

AUGUST 2020

I am at peace with who I am as a person!

**FEATURE OF THE MONTH:
ENJOY A SUSTAINABLE
STAYCATION**

*CLICK EVENTS FOR INFORMATION/REGISTRATION

CHALLENGES THIS MONTH:		LOOKING FORWARD:
THOUGHTFUL CONSUMERISM SHOPPING SUSTAINABLY START AUGUST 10 END AUGUST 30	BOOK CLUB ATOMIC HABITS BY JAMES CLEAR START JULY 13 END AUGUST 18	WALKING CHALLENGE START SEPT 21 END OCTOBER 18

RECURRING:				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITATION FOR BEGINNERS 4:30-5:30PM (MFB)	STREAMED FITNESS 12-12:15PM (SF)	INDOOR FITNESS ADVENTURE 5:30-6:15PM (IFA)	STREAMED FITNESS 12-12:15PM (SF)	SUNRISE YOGA 7-7:45AM (SY)
STREAMED HIIT 7:30-8:00PM (SH)	ANIMAL FLOW 5:30-6:15PM (AF)			

MON	TUE	WED	THU	FRI
SUN 2 3 P&D END MFB 4:30PM SH 7:30PM	4 SF 12:00PM AF 5:30PM	5 IS STRESS YOUR FRIEND? 12:00PM IFA 5:30PM	6 SF 12:00PM	7 SY 7:00AM
10 TC 2:00PM MFB 4:30PM SH 7:30PM	11 SF 12:00PM AF 5:30PM	12 IFA 5:30PM	13 SF 12:00PM	14 SY 7:00AM
17 TC 2:00PM MFB 4:30PM SH 7:30PM	18 SF 12:00PM AF 5:30PM	19 UF EAP WEBINAR 12:00PM IFA 5:30PM	20 SF 12:00PM	21 SY 7:00AM
24 TC 2:00PM MFB 4:30PM SH 7:30PM	25 SF 12:00PM AF 5:30PM	26 WORK OUT WORK BETTER 12:00PM IFA 5:30PM	27 SF 12:00PM	28 SY 7:00AM
SUN 30 31 TC END MFB 4:30PM SH 7:30PM				