

DECEMBER

2020

I won't compare myself to anyone!

**FEATURE OF THE MONTH:
RESOURCES TO HELP
RESTORE BALANCE**

*CLICK EVENTS FOR INFORMATION/REGISTRATION

MON	TUE	WED	THU	FRI
	1 SF 12:00PM	2	3 SF 12:00PM	4
7 MM 2:00PM MFB 4:30PM SH 7:30PM	8 SF 12:00PM	9	10 SF 12:00PM	11
14 MM 2:00PM MFB 4:30PM SH 7:30PM	15 SF 12:00PM	16 MINDFUL EATING 1:00PM	17 SF 12:00PM	18
21 MM 2:00PM MFB 4:30PM SH 7:30PM	22	23	24	25
28 MFB 4:30PM	29	30	31 🎆	

CHALLENGES THIS MONTH:

**MAINTAIN
DON'T GAIN**

🐉 START NOV 16
🎆 END DEC 31

**DAILY
RADIANCE**

☀️ START NOV 23
☀️ END DEC 14

LOOKING FORWARD:

**GROUP COACHING
FINANCIAL WEBINARS
WELLNESS TALKS**

RECURRING:

MONDAY

MEDITATION FOR BEGINNERS
4:30-5:30PM
(MFB)

MOBILITY MONDAY
2:00-2:15PM
(MM)

STREAMED HIIT
7:30-8:00PM
(SH)

TUESDAY

STREAMED FITNESS
12:00-12:15PM
(SF)

THURSDAY

STREAMED FITNESS
12:00-12:15PM
(SF)