

SESSION 2 : OCT 5 – NOV 14 2020 (6 weeks!)

REGISTRATION DATES: SEPT 17th – OCT 4th

Send your "I AM IN!" email along with your full name to:
innerathletes@gmail.com!

I will reply with the registration form and fitness class waiver.

Please return all forms filled and signed along with an e-transfer (don't forget to tell me the password!) and **add your full name to the message on the transfer**, thank you! I will confirm the receiving of your payment via email. YAHOOOO!!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OCT 5 ZOOMIES! 9 am (30-45 mins)	6 ZOOMIES! 6:45 pm (30-45 mins)	7	8 STRENGTH TRAINING 6:30 pm (60 min)	9	10 STRENGTH TRAINING 9 AM (60 min)
11 SOUL BOOST MINDFULNESS 11 am (15-30 min)	12 ZOOMIES! 9 am (30-45 mins)	13 ZOOMIES! 6:45 pm (30-45 mins)	14	15 STRENGTH TRAINING 6:30 pm (60 min)	16	17 STRENGTH TRAINING 9 am (60 min)
18 SOUL BOOST MINDFULNESS 11 am (15-30 min)	19 ZOOMIES! 9 am (30-45 mins)	20 ZOOMIES! 6:45 pm (30-45 mins)	21	22 STRENGTH TRAINING 6:30 pm (60 min)	23	24 STRENGTH TRAINING 9 am (60 min)
25 SOUL BOOST MINDFULNESS 11 am (15-30 min)	26 ZOOMIES! 9 am (30-45 mins)	27 ZOOMIES! 6:45 pm (30-45 mins)	28	29 STRENGTH TRAINING 6:30 pm (60 min)	30	31 STRENGTH TRAINING 9 am (60 min)
NOV 1 SOUL BOOST MINDFULNESS 11 am (15-30 min)	2 ZOOMIES! 9 am (30-45 mins)	3 ZOOMIES! 6:45 pm (30-45 mins)	4	5 STRENGTH TRAINING 6:30 pm (60 min)	6	7 STRENGTH TRAINING 9 am (60 min)
8 SOUL BOOST MINDFULNESS 11 am (15-30 min)	9 ZOOMIES! 9 am (30-45 mins)	10 ZOOMIES! 6:45 pm (30-45 mins)	11	12 STRENGTH TRAINING 6:30 pm (60 min)	13	14 STRENGTH TRAINING 9 am (60 min)

ZOOMIES! Fast pace (but go at your own pace!) awesome workout!

MINDFULNESS PRACTICE: Giving yourself time to practice being present and build your inner strength

STRENGTH TRAINING: PUMPING UP THE JAM WITH DUMBBELLS! YES YOU CAN!

ALL CLASSES WILL LIFT YOU UP – feel better about you, life.....everything 😊

EQUIPMENT NEEDED FOR STRENGTH TRAINING and ZOOMIES:

Set of light weights: 3 or 5 lbs

Set of heavy weights: 8, 10 or 12 lbs (depending on level of fitness)

Yoga mat for floor work if desired.