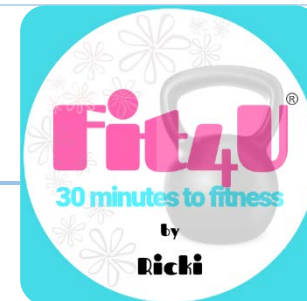


January

Find JOY
in the JOURNEY 😊



The body can achieve what the mind believe

2019

Mon & Wed @ 5:30pm - 6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
-Fit Tip- Don't DIET!! Mindful eating instead 😊	New year eve F.I.T. closed	New Year day F.I.T. Closed	Resumes with F.I.T. facility only- No classes	Resumes with F.I.T. facility only- No classes	Resumes with F.I.T. facility only- No classes	-Fit Tip- Don't DIET!! Mindful eating instead 😊
6	7	8	9	10	11	12
-Fit Tip- Think of the... "Totality of wellness"	Kettle bell is back!!	Rest Day/Active stretch	Kettle bell is back!!	-Fit Tip- Hinge at the HIPS while	FIT FRIDAY: Superman exercise For lower back health 10X	Mark it off & pat ◀ yourself on the back 😊
13	14	15	16	17	18	19
-Fit Tip- Emotional fitness is just as important... Smile 😊	Tone up W/Resistant bands	-Fit Tip- Take a few minutes to take a deep breath...	Tone up W/Resistant bands	-Fit Tip- Think of muscles load rather than the joints as you moves...	FIT FRIDAY: Bird/Dog exercise For lower back health 10X	Mark it off & pat ◀ yourself on the back 😊
20	21	22	23	24	25	26
-Fit Tip- First, Loving your body as is now.	MK's Day No Class	-Fit Tip- Is your health worth sacrifice 3 minutes of your day for? Set your timer!!	Bodyweight & Balance drill	-Fit Tip- Downward dog on the counter top! Stretch!!	See back of the page for exercise that your can do at HOME 😊 in 3 mins!!	Mark it off & pat ◀ yourself on the back 😊
27	28	29	30	31		
-Fit Tip- Be playful, it keeps you young!	Total body Blast	-Fit Tip- Single leg challenge while brushing teeth!	Total body Blast	Rest Day/Active stretch	FIT FRIDAY: Superman exercise For lower back health 10X	Mark it off & pat ◀ yourself on the back 😊
					Congratulation! You have gotten stronger!	