

AF VIRTUAL CALENDAR

INDIAN LAND - WESLEY CHAPEL

WEEK 4

APRIL 27TH - MAY 1ST

Let's make HEALTHY HAPPEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE	TIPS FOR NUTRITION	WIN	THOUGHT	FUN
<p>LIVE 10:00 AM Facebook Full Body HIIT Workout</p> <p>LIVE 12:00 PM Zoom Vinyasa Express w/ Jen Riso <u>ID #:</u> 671 697 2337 <u>Password:</u> freehuggz</p> <p>LIVE 3:00 PM Facebook Upper-Body Strength Workout</p>	<p>LIVE 10:00 AM Facebook Tabata Tuesday Workout</p> <p>LIVE 3:00 PM Zoom Lower-Body Strength Workout</p> <p>LIVE 4:00 PM Twitch ZUMBA w/ Shari <u>Link:</u> www.twitch.tv/zumba withshari</p>	<p>LIVE 10:00 AM Facebook Full Body HIIT Workout</p> <p>LIVE 1:00PM Facebook Q&A Nutrition</p> <p>LIVE 3:00 PM Facebook Core Strength Workout</p>	<p>LIVE 10:00 AM Facebook Core Blast Workout</p> <p>LIVE 3:00 PM Zoom Upper-Body Strength Workout</p> <p>LIVE 4:00 PM Twitch ZUMBA w/ Shari <u>Link:</u> www.twitch.tv/zumba withshari</p>	<p>LIVE 10:00 AM Facebook Full Body HIIT Workout</p> <p>LIVE 12:15 PM Zoom Yoga w/ Jen Riso <u>ID #:</u> 671 697 2337 <u>Password:</u> freehuggz</p> <p>LIVE 3:00 PM Facebook Lower-Body Strength Workout</p>



Anytime Fitness - Wesley Chapel
Anytime Fitness - Indian Land



Private Facebook
Group:
AFVT



anytimefitness_indianland
anytimefitness_wc



AF WC & IL Zoom
ID #:
430-351-9249