



# RESET

Begin your journey to Reset your life!



[ciymca.org/virtual-ymca](http://ciymca.org/virtual-ymca)

Goal	Monday	Tuesday	Wednesday
This week your Goal is to get 150 minutes of Physical Activity	30 minutes of walking/ jogging or running	Join in the LiveStream Yoga Class with Madison	Interval Training 30 sec each 2-4 times 1- Squats 2- Jumping Jacks 3- Lunges 4- Jog in Place 5- Push-ups
Thursday	Friday	Saturday	Sunday
Visit your Y to join in a Live Class or workout	30 minute walk or hike add 1 minute of squats every 10 minutes	Complete a Video On Demand Total Body Circuit Class with Shannon	20 minute meditation or mindfulness work

