

# NOVEMBER 2020

FEATURE OF THE MONTH:  
**PRE-DIABETES RISK SURVEY**

\*CLICK EVENTS FOR INFORMATION/REGISTRATION

*I am in charge of how I feel.  
I choose happiness!*

## CHALLENGES THIS MONTH:

### ALL OF US WALKING CHALLENGE

 START NOV 1  
 END NOV 14

### MAINTAIN DON'T GAIN

 START NOV 16  
 END DEC 31

### DAILY RADIANCE

 START NOV 23  
 END DEC 14

## 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)

### FRIDAY

SUNRISE YOGA  
RECORDING SENT  
OUT ON FRIDAY  
MORNINGS  
(SY)

MON	TUE	WED	THU	FRI
<b>SUN 1</b>  MM 2:00PM MFB 4:30PM SH 7:30PM	2	3	4	5 SF 12:00PM DIGITAL DETOX 2:00PM
9 MM 2:00PM MFB 4:30PM SH 7:30PM	10 SF 12:00PM	11	12 SF 12:00PM	13 SY
<b>SUN 15</b>  SS END 	16	17 SF 12:00PM DESKERCISE 1:00PM	18	19 SF 12:00PM
20 SY	21	22	23 	24 SF 12:00PM
25	26	27	28	29
30 MM 2:00PM MFB 4:30PM SH 7:30PM				

 [CLICK HERE FOR A PRINTER FRIENDLY VERSION OF THIS CALENDAR](#)