



LiveWell@Home - May 2020 Fitness Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
YMCA
Full body: 15-Min
Bootcamp

2
YMCA
Beginner Yoga Flow

3
Rest, relax & eat with
Olivewood Gardens

4
YMCA
Abs: Pilates with
Michelle

5
YMCA
Upper body/Cardio:
Intro to Body
Combat

6
YMCA
15-Min Lower Body
Sculpt

7
YMCA
15-Min Cardio

8
AHA
Dance!

9
YMCA
Intermediate Power
Flow Yoga

10
Rest, relax & eat with
AHA

11
YMCA
Bodyweight Workout
Cardio & Core
Burnout

12
YMCA
15-Min Body Combat

13
Champions for
Health: Chair Yoga
11 am
Register

14
YMCA
Outdoor
HIIT Exercise

15
Move your feet
before you eat!
Kidz Dance!

16
OG Yoga
Restorative Yoga
Flow

17
YMCA
15-Min Bootcamp

18
YMCA
Small Accessories
Workout of the Day

19
YMCA
Chair Yoga

20
YMCA
6-Min Abs
6-Min Stretch

21
YMCA
Bootcamp

22
AHA
Dance!

23
OG Yoga
Qigong

24
Rest, relax & eat with
Olivewood Gardens

25
YMCA
12-Min Express
Cardio

26
OG Yoga
Chakra Flow

27
YMCA
Beginner Barre

28
YMCA
30-Min Cardio

29
Champions for
Health: Zumba!
11 am
Register

30
YMCA
7-Min HIIT

31
YMCA
Bootcamp

LiveWellSD.org/live-well-every-day/30day

In partnership with the YMCA of San Diego County

