

FITNESS CHALLENGE MEET-UPS!



- = Financial Wellness is important too! [SDCCU](#) provides free educational webinars throughout the day every Wednesday!
- = Recommended Rest Day: For everyone registered for the 5K, OG Yoga is offering a special [5K Training Program 7-Day Pass](#) that gives you free access to ANY 7 of their available classes leading up to August 16th! Reserve the pass then reserve the class!
- = 11:15 AM Balance for older adults every Friday. Check out [YMCA](#) to view more weekly classes!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>13</p> <p>3:30 PM Core for adults & families - YMCA</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>14</p> <p>6:30 PM Upper Body - Espiritu Fitness</p>	<p>15</p> <p>3:30 PM Move & Stretch for older adults - YMCA</p> <p>Financial Wellness* SDCCU</p>	<p>16</p> <p>10:00 AM Champions for Health: Chair Yoga Register here</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>17</p> <p>4:00 PM Get Fit MMA Krav Maga</p> <p>3 Class Options* Restore with OG Yoga</p>	<p>18</p> <p>9:00 AM Cardio - Sirius Fitness</p>
<p>19</p>	<p>20</p> <p>3:30 PM Core for adults & families - YMCA</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>21</p>	<p>22</p> <p>2 Class Options* Restore with OG Yoga</p> <p>Financial Wellness* SDCCU</p>	<p>23</p> <p>4:00 PM Champions for Health: Zumba Register here</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>24</p> <p>10:30 AM Bodyweight Circuit for adults & families - YMCA</p>	<p>25</p> <p>9:00 AM Cardio - Sirius Fitness</p>
<p>26</p>	<p>27</p> <p>6:00 PM Cardio - Sirius Fitness</p> <p>3 Class Options* Restore with OG Yoga</p>	<p>28</p>	<p>29</p> <p>3:30 PM Move & Stretch for older adults - YMCA</p> <p>Financial Wellness* SDCCU</p>	<p>30</p> <p>4:00 PM - Spanish Zumba con Cecy</p> <p>5:00 PM - Cooking Olivewood Gardens</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>31</p> <p>10:30 AM Bodyweight Circuit for adults & families - YMCA</p> <p>3 Class Options* Restore with OG Yoga</p>	<p>01</p> <p>9:00 AM Cardio - Sirius Fitness</p> <p>9:00 - 1:00 PM Day of Play - Olivewood Gardens</p>
<p>02</p>	<p>03</p> <p>3:30 PM Core for adults & families - YMCA</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>04</p> <p>6:30 PM Full Body Workout - Espiritu Fitness Code: workout</p>	<p>05</p> <p>2 Class Options* Restore with OG Yoga</p> <p>Financial Wellness* SDCCU</p>	<p>06</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>07</p> <p>10:30 AM Bodyweight Circuit for adults & families - YMCA</p>	<p>08</p> <p>9:00 AM Cardio - Sirius Fitness</p>
<p>09</p>	<p>10</p> <p>6:00 PM Cardio - Sirius Fitness</p> <p>3 Class Options* Restore with OG Yoga</p>	<p>11</p> <p>6:30 PM Lower Body Workout Espiritu Fitness Code: workout</p>	<p>12</p> <p>3:30 PM Move & Stretch for older adults - YMCA</p> <p>Financial Wellness* SDCCU</p>	<p>13</p> <p>6:00 PM Cardio - Sirius Fitness</p>	<p>14</p> <p>10:30 AM Bodyweight Circuit for adults & families - YMCA</p>	<p>15</p> <p>9:00 AM Cardio - Sirius Fitness</p> <p>10:00 AM OG Yoga Special for Participants</p>

August 16th is the [Live Well San Diego Virtual 5K!](#)