

MOVE YOUR BODY.



RESPECT YOUR BODY.

CHALLENGE YOUR BODY.

& most of all,

L♥VE YOUR BODY

NEW CHALLENGE STARTING FEBRUARY 01...

ARE YOU READY?

For the next 28 days, the YMCA will help you sculpt your muscles through a variety of brand new workouts specialized for this program. We will give you challenges that help you gain self love and appreciation but there's a catch- we can't do it for you! We can only do it together! We want you to take control of the things that you CAN control and we support you!

Invest if yourself: \$20 YMCA Member | \$40 Non-Member

Contact Andrea or Beth for more questions:
andrea@quincymca.net | bethh@quincymca.net

Register at the YMCA or
<https://operations.daxko.com/programs/redirector.aspx?cid=2261&pid=103157&sid=1979936>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HIIT with Heather	2 Full Body with Andrea	3 Muffin Top Meltdown with Beth	4 Yoga Flow with Emely	5 BootCamp with Beth	6 Full Body with Andrea
7 LOVE - yourself - TODAY	8 Core and Cardio with Heather	9 Arm and Leg Sculpt with Andrea	10 HIIT Cardio with Beth	11 Core Galore with Heather	12 Yoga Flow with Emely	13 LOVE - yourself - TODAY
14 Dance Cardio with ???	15 Dumbbell Interval Sculpt with Andrea	16 Pilates with Heather	17 Yoga Stretch and Recovery with Emely	18 Tabata Cardio with Beth	19 LOVE - yourself - TODAY	20 Low Impact Lower Body Workout with Andrea
21 Full Body Sweat with Beth	22 Yoga Flow with Emely	23 Core and More with Heather	24 Kickin' Cardio with Andrea	25 Tight Booty with Beth	26 Pilates with Andrea	27 LOVE - yourself - TODAY
28 Cardio Fat Burn with Heather						

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At the end of each workout session, the instructor will challenge you to love your body and give you a simple assignment.

One day at a time, reflect on the challenge and take notice how you think and feel. Journal if needed!

1. Make a list of what loving yourself looks like.
2. What's an activity that fills you up with love? Why? Who is with you? How do they make you feel?
3. How did you show love and appreciation for yourself today?
4. Buy (or make) yourself a bouquet of flowers (because you deserve them!)
5. When you wake up, remind yourself why it's awesome being you.
6. Who is your self-love hero? Why? What qualities do they possess that you could incorporate into your day?
7. Plan something special this week, just for yourself!
8. Notice when you feel loved, and not loved, write them down.
9. Tell yourself you are proud of yourself today when you do something specular.
10. Write your own definition of what loving yourself means.
11. Make a master love list: what are things you love?
12. Where would you take yourself on vacation alone? Why did you choose here?
13. Notice who does not fuel your self love... repair relationship or release?
14. What quote/saying embodies loving yourself?
15. What activity have your pushed aside that will make you feel more love?
16. Write your future self a love letter.
17. Take yourself on a date this week.
18. Wake up 10 minutes earlier and plan how you tend to love yourself today.
19. Invite a friend to join you on the last week of this challenge!
20. Do something out of your comfort zone (tell someone about it).
21. Forgive yourself for something you did today, or even in the past that you need to release from.
22. Accept a compliment and give compliments out like candy today.
23. Draw a heart of your wrist to remind yourself how loved you are.
24. Write a new list how to continue to love yourself.

