







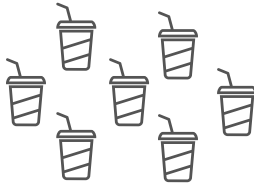























Therefore, go and make disciples of all the nations, [a] baptizing them in the name of the Father and the Son and the Holy Spirit- Matthew 28:19

<p>03/01-03/07</p> <p>WALKING  WORKOUTS </p>	<p>SUGGESTED WORKOUTS</p> <p>412 411 413</p>	<p>H2O</p> 	<p>SPRINTS</p> 	<p>WORD</p>  <p>WEEKLY MEAL PLAN</p> 
<p>03/08-03/14</p> <p>WALKING  WORKOUTS </p>	<p>SUGGESTED WORKOUTS</p> <p>414 410 367</p>	<p>H2O</p> 	<p>SPRINTS</p> 	<p>WORD</p>  <p>WEEKLY MEAL PLAN</p> 
<p>03/15-03/21</p> <p>WALKING  WORKOUTS </p>	<p>SUGGESTED WORKOUTS</p> <p>412 413 411</p>	<p>H2O</p> 	<p>SPRINTS</p> 	<p>WORD</p>  <p>WEEKLY MEAL PLAN</p> 
<p>03/22-03/28</p> <p>WALKING  WORKOUTS </p>	<p>SUGGESTED WORKOUTS</p> <p>414 415 410</p>	<p>H2O</p> 	<p>SPRINTS</p> 	<p>WORD</p>  <p>WEEKLY MEAL PLAN</p> 
<p>03/29-03/31</p> <p>WALKING  WORKOUTS </p>	<p>SUGGESTED WORKOUTS</p> <p>412 355</p>	<p>H2O</p> 	<p>SPRINTS</p> 	<p>WORD</p>  <p>WEEKLY MEAL PLAN</p> 

PRINT All resources for the month
ASSESSMENTS Saturday 03/06 @ 7:00am on Facebook or catch the replay

NEW WORKOUTS

415	STEPHANIE CARDIO DANCE	29	410	KARA- CARDIO HIIT BODYWEIGHT	33
414	DEMETRIA	41	412	MARCUS WORKOUT	26
416	ASHLEE- SEATED	28	413	KARA- UPPER BODY AND CORE	35
411	ERIN B- KB AND LOWER BODY	33	417	5 MIN FINISHER W/ DEMETRIA	6