

# WEEKLY FITNESS & WELLNESS SCHEDULE



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Week of: April 21 to 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<b>First thing in the morning</b>	2-glasses regular water + the Probiotics Cultures drink on EMPTY STOMACH. Continue till it is finished. Continue taking the CL Extract (30-drops am & pm) until bottle is finished. Continue with your stretches. What does YOUR body need? Create a stretch routine from the handout and from Yoga class that fits your body's needs. On alternate days you are doing a full 30-minutes of Yoga practice.					
<b>7:00 AM</b>	<b>Kim &amp; Chris:</b> Power Walk to gym	<b>Kim &amp; Chris:</b> 30-minutes of Yoga practice.	<b>Kim &amp; Chris:</b> Power Walk to gym	<b>Kim &amp; Chris:</b> 30-minutes of Yoga practice.		Homework: <b>Chris &amp; Kim:</b>
<b>8:00 AM</b>	<b>8:00-9:00</b> Yoga class	<b>8:15-8:45</b> <b>Kim:</b> Run Workshop to Erskine	<b>7:45-8:45</b> Bootcamp class	<b>Kim &amp; Chris:</b> Heart Brake Hill OR 45-min on the X-Trainer in the cabin.	<b>Kim &amp; Chris:</b> Power Walk to gym	45-minutes X-Trainer in cabin or Heart Brake Hill
<b>9:00 AM</b>	<b>9:30-10:30 or 11:00</b> Label De-Coding & Grocery Shop w/Annette	<b>9:00-12:00ish</b> Erskine Grind  Kim Time to Beat: _____	<b>Kim:</b> Power Walk home <b>Chris:</b> Walk home	<b>9:00 Kim:</b> Weigh-In <b>9:30 Chris:</b> Weigh-in	<b>9:15-10:15</b> Yoga class	
<b>10:00 AM</b>				<b>10:00 Kim:</b> Assisted Stretch	<b>10:30-11:15 or 11:30</b> <b>Kim:</b> Run Workshop	
<b>11:00 AM</b>		Chris Time to Beat: _____		<b>10:30 Chris:</b> Assisted Stretch		
<b>12:00 PM</b>			<b>12:00-1:00</b> Cooking Workshop w/Annette		<b>Chris:</b> Walk home	<b>R E S T  D A Y</b>
<b>1:00 PM</b>	<b>1:00-4:00ish</b> <b>Kim:</b> Endurance Ride	<b>Chris:</b> Power Walk Workshop <b>Kim:</b> Walk home		<b>Kim &amp; Chris:</b> Walk or cycle to gym and back home.		
<b>2:00 PM</b>		<b>2:00 Kim:</b> Massage w/Julie		<b>2:00 Kim:</b> Personal Training		
<b>3:00 PM</b>		<b>3:00 Chris:</b> Massage w/Julie	<b>3:00-4:00</b> <b>Chris:</b> Walk & Run Workshop	<b>3:00 Chris:</b> Personal Training	<b>3:00-3:45 Kim:</b> Boxercise <b>3:45-4:30 Chris:</b> AB Fit	
<b>4:00 PM</b>	<b>Chris:</b> Heart Brake Hill OR if you don't feel safe doing that than 1 1/2 hr Power Walk.	<b>Kim &amp; Chris:</b> 30-minutes of Yoga practice.	<b>Kim:</b> Heart Brake Hill 1-hour OR 45-min on the X-Trainer in the cabin.	<b>Kim &amp; Chris:</b> 30-minute regular walk after dinner OR 30-minutes on X-Trainer.	<b>4:30-5:00ish</b> <b>Kim &amp; Chris:</b> Weekly Review	