





# DIEFENBAKER WORKOUT WEEK SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 	AT-HOME WORKOUT 	WALK 	DANCE PARTY 	YOU CHOOSE 	CARDIO 	RELAX OR PLAY 
<a href="#">Yoga with Adrienne</a>  <a href="#">Cosmic Kids Yoga</a>	<a href="#">POPSUGAR Fitness</a>  <a href="#">P.E. with Joe</a>	Check out the Dyke, Garry Point Park, Steveston Wharf, Railway Corridor, Olympic Oval Path, or Iona Beach!	Here are some recommended soundtracks, or find your own!  <a href="#">Zumba Dance Party</a>	You can do one, two or a whole bunch of different things!	Run, walk, bike, rollerblade, hockey, soccer, skip rope, hopscotch, etc.  <a href="#">Kids HIIT Workout 2</a>	Build, Play, Explore.  You decide!
20-30 minutes	30 minutes	30-60 minutes	30-60 minutes	60 minutes	20-30 minutes	Have Fun!

\*always follow health rules and regulations when going into public spaces. Stay safe, stay apart, and stay fit! -Mr. Loewen