

Whole Fitness YouTube March Workout Calendar

	Bodyweight <u>“Trusting with your Heart”</u>	Strength and Conditioning <u>“Unoffendable”</u>	<u>Extended Stretch</u>	Low Impact Cardio <u>“Gratitude”</u>	Cardio Dance <u>“Anchored in Love”</u>
	Low Impact Walking <u>“Let Joy be your Goals”</u>	Cardio Tabata <u>“Trust You Are Called”</u>	Yoga <u>“Life With Jesus”</u>	HIIT <u>“Flex Your Brave”</u>	Drumsticks and Tabata Strength <u>“His Perfect Peace”</u>
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