

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 6AM Get Lifted	3 4PM Get Walking	4 5AM Get Lifted	5	6 9AM Get Lifted
7	8 4PM Get Walking	9 5AM Get Lifted	10 4PM Get Walking	11 5AM Get Lifted	12	13 9AM Get Lifted
14	15 6AM Get Lifted 4PM Get Walking	16	17 5AM Get Lifted 4PM Get Walking	18 5AM Get Lifted	19	20 9AM Get Lifted
21	22 5AM Get Lifted 4PM Get Walking	23 5AM Get Lifted	24 4PM Get Walking	25 5AM Get Lifted	26	27 9AM Get Lifted
28	29 4PM Get Walking	30 6AM Get Lifted				

**“WE DO NOT STOP EXERCISING BECAUSE WE GROW OLD,
 WE GROW OLD BECAUSE WE STOP EXERCISING.” – DR. KENNETH COOPER**