

TODAY WE WILL EMPHASIZE OUR FLEXIBILITY SECTION IN A QUIET PLACE

TODAY WE WILL GET INTO THE POOL FOR SOME AQUATIC MIND-BODY FITNESS

TODAY OUR THEME WILL BE VERBALIZING HOW WE FEEL DURING CERTAIN EXERCISES

TODAY WE WILL FOCUS ON DOING EXERCISES WITH EYES CLOSED TO HELP INDUCE MINDFULNESS

TODAY WE WILL FOCUS ON DOING EXERCISES WITH EYES CLOSED TO HELP INDUCE MINDFULNESS

TODAY WE WILL FOCUS ON DOING EXERCISES WITH EYES CLOSED TO HELP INDUCE MINDFULNESS

TODAY WE WILL FINISH ALL OF OUR REPETITIONS WITH EYES CLOSED AND VERBALIZE WHERE AND HOW WE FEEL

TODAY OUR THEME WILL BE BALANCE

TODAY OUR THEME WILL BE BREATHING

TODAY WE WILL FOCUS ON 'TELL, SHOW, IMAGINE, DO'

*TODAY WE WILL FOCUS ON DOING EXERCISES WITH EYES CLOSED TO
HELP INDUCE MINDFULNESS*

*TODAY WE WILL FOCUS ON VERBALIZING HOW WE FEEL IN OUR
MOVEMENTS*

*TODAY WE WILL INCORPORATE T'AI CHI SPEED IN OUR SUPER SLOW
CONTRACTIONS*

TODAY WE WILL FOCUS ON AROMATHERAPY IN OUR EXPERIENCE

*TODAY WE WILL FOCUS ON DOING EXERCISES WITH EYES CLOSED TO
HELP INDUCE MINDFULNESS*