

WEEK	MAY 2023 - SCHEDULED EVENTS
<p>Week 9: 5/1 - 5/6</p>	<ul style="list-style-type: none"> • <u>Tuesday, 5/2:</u> Mid-week weigh in (6 - 6:20 pm) Tuesday Transformation Talks (6:30 - 7 pm) • <u>Wednesday, 5/3:</u> It's WATER WEDNESDAY! Drink at least 96 oz (12 cups) today! Post a picture of your water bottle to inspire others! • <u>Saturday, 5/6: Wellness Saturday</u> Weigh in (8 - 8:30 am) Workout (9 - 9:45 am) Wellness Class (10 - 11 am) Guest Speaker
<p>Week 10: 5/7 - 5/13</p> <p>FINAL STRIDEKICK CHALLENGE</p>	<ul style="list-style-type: none"> • <u>Tuesday, 5/9:</u> Mid-week weigh in (6 - 6:20 pm) Tuesday Transformation Talks • <u>Wednesday, 5/10:</u> God's Word Wednesday - Share scriptures about STRENGTH or BEING STRONG • <u>Saturday, 5/13:</u> Weigh in (8 - 8:30 am) GROUP WORKOUT: Cedar Ridge Preserve (9:30 - 11 am)
<p>Week 11: 5/14 - 5/20</p>	<ul style="list-style-type: none"> • <u>Tuesday, 5/16:</u> FINAL weigh in (6 - 6:20 pm) Tuesday Transformations: (6:30 - 7 pm) • <u>Wednesday 5/17:</u> It's WATER WEDNESDAY! Drink at least 100 oz today! Post a picture of your water bottle to inspire others! • <u>Saturday, 5/20:</u> FINAL Weigh in (8 - 8:30 am)