

# Pulse Generator Weekly Update

August 3 -7, 2020

**ALWAYS HERE FOR YOU VIRTUALLY**

Pulse Generator Website: [www.pulsegenerator.ca](http://www.pulsegenerator.ca)  
Pulse Generator Blog: [www.pulsegeneratorfitness.blogspot.com](http://www.pulsegeneratorfitness.blogspot.com)

Activity	Description	Day/Time	How to Access
<b>Fitness Fun</b>	<b>Join in for any or all of the Fitness Fun this week</b>		
<b>Yoga Break with Kelsey</b>	<b>Meditation:</b> Summertime Meditation  <b>Exploring Yoga:</b>  Fascia Flow	Monday August 3rd	Pre recorded. Available anytime on Facebook and blog
<b>Total Body Intervals with Breanne</b>	Join Breanne for a Total Body Interval Workout that will be done in less than 30-minutes.	Tuesday August 4 <sup>th</sup> at 11:30am	Zoom Meeting ID#: 780-707-6313  Workout will also be posted on Facebook & PG Blog.
<b>Wild Card Wednesday with Regan</b>	Outdoor Total Body TRX Circuit	Wednesday August 5 <sup>th</sup>	Pre recorded. Available anytime on Facebook and blog

<b>Friday Fitness Fun</b>	Join Kelsey for a Friday Surprise Workout!	August 7	Available anytime on Facebook and blog
<b>Let's Get Social</b>	<b>Take some time to connect with us and other PG members</b>		
<b>Kevin In the Kitchen</b>	Away...  Check out some older episodes		Available on Facebook and the PG Blog  <a href="http://www.pulsegeneratorfitness.blogspot.com">www.pulsegeneratorfitness.blogspot.com</a>
<b>Challenges</b>	Strava  Edmonton to Calgary club challenge		<a href="https://www.strava.com/clubs/626090/leaderboard">https://www.strava.com/clubs/626090/leaderboard</a>  Step 1) create a Free Strava account  Step 2) Join the Pulse Generator "club"  Step 3) Participate in a number of weekly activity challenges
<b>Ask the Trainer</b>	This is an ongoing offering. If you have questions about working out please don't hesitate to connect with us at  <a href="mailto:pulsegen@ahs.ca">pulsegen@ahs.ca</a>	Ongoing	You will receive a personal response from a Pulse Generator Trainer. Please allow 48 hours for a reply.