



*Statera*  
• Fitness & Wellness •



## THE HAPPY HEART - Schedule of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Schedule Updated February 8, 2021 1:20pm</p> <p><b>Delivery Methods used:</b></p> <ul style="list-style-type: none"> <li>- Zoom</li> <li>- Rooms</li> <li>- Lives</li> </ul>	<p><b>How to find &amp; attend sessions:</b></p> <p><b>In the Facebook Group:</b></p>	<ol style="list-style-type: none"> <li><b>Announcements</b> – <i>summary schedule of events PDF</i></li> <li><b>Events</b> – <i>listing in date and time</i></li> <li><b>Topics</b> – <i>categories by collaborators</i></li> </ol>				Feb 6
7	8	9	10	11	12	13
	<p><b>9:15am</b> <b>STEP Cardio</b> (30 min) <b>Kim</b> <i>Powered by: TNWA</i></p> <p><b>10am</b> <b>Upper Body @ home</b> <b>Cara</b> <i>Powered by: Statera Fitness and Wellness</i></p> <p><b>3pm</b> <b>Intro: My Story</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Comedy</i></p>	<p><b>8am</b> <b>Oatmeal Pudding Cake</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Kitchen</i></p> <p><b>6:30pm</b> <b>KICKBOX Cardio</b> (30 min) <b>Kim</b> <i>Powered by: TNWA</i></p>	<p><b>11am</b> <b>Feet 2 Fingers</b> (30 min) <b>Kim</b> <i>Powered by: TNWA</i></p> <p><b>12pm</b> <b>Aging Well &amp; Nutrition</b> (15 min) <b>Kim</b> <i>Powered by: TNWA</i></p> <p><b>3pm</b> <b>FIT KITCHEN</b> Famous Shanghai Dish - "Ma Lan Tou" Good For Your Heart <b>Esther</b> <i>Powered by: Fit4Life 100 &amp; AirGO</i></p>	<p><b>7am</b> <b>Virtual Indoor Cycle</b> <b>All Levels</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Fitness</i></p> <p><b>10am</b> <b>Cara's Kitchen</b> <b>Cara</b> <i>Powered by: Statera Fitness and Wellness</i></p> <p><b>11am</b> <b>Deep Stretches</b> <b>Cara &amp; Jacob</b> <i>Powered by: Statera Fitness and Wellness</i></p>	<p><b>8am</b> <b>Walking</b> <b>A purposeful program</b> (15 min) <b>Kim</b> <i>Powered by: TNWA</i></p> <p><b>11am</b> <b>Feet 2 Fingers</b> (30 min) <b>Kim</b> <i>Powered by: TNWA</i></p> <p><b>2pm</b> <b>Limiting Beliefs</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Coaching</i></p>	<p><b>9am</b> <b>TEAM TAUGHT WORKOUT</b> A Mix of all of us (60 min) <b>Cara, Jacob, Kim &amp; Siobhan</b> <i>Powered by: The Happy Heart Collaborators</i></p> <p><b>11am</b> <b>Flapping Exercise for Anti-Aging</b> (30 min) <b>Esther</b> <i>Powered by: Fit4Life 100</i></p>

			<p><b>5pm</b>  <b>Butter Chicken</b>  <b>Vegetable Rice &amp;</b>  <b>Broccoli Meal Prepped</b>  (30 min)  <b>Kim</b>  <i>Powered by: Good Food</i>  <i>Real Results Program</i>  <i>with TNWA &amp; Epicure</i></p>	<p><b>5pm</b>  <b>Laughter Yoga</b>  <b>Siobhan</b>  <i>Powered by: Siobhan's</i>  <i>SparkUp Comedy</i></p>		
<p><b>14</b></p> <p><b>11:30am</b>  <b>We are all Together</b>  <b>Laughter Yoga</b>  <b>Siobhan</b>  <i>Powered by:</i>  <i>Siobhan's SparkUp</i>  <i>Comedy</i></p>	<p><b>15</b></p> <p><b>10am</b>  <b>Core and Cardio @</b>  <b>home</b>  <b>Cara</b>  <i>Powered by: Statera</i>  <i>Fitness and Wellness</i></p>	<p><b>16</b></p> <p><b>4pm</b>  <b>Stand Up</b>  <b>Siobhan</b>  <i>Powered by:</i>  <i>Siobhan's SparkUp</i>  <i>Comedy</i></p>	<p><b>17</b></p> <p><b>9:15am</b>  <b>HIIT Cardio</b>  (30 min)  <b>Kim</b>  <i>Powered by: TNWA</i></p> <p><b>11am</b>  <b>Feet 2 Fingers</b>  (30 min)  <b>Kim</b>  <i>Powered by: TNWA</i></p> <p><b>3pm</b>  <b>FIT KITCHEN</b>  Healthy Chinese Soup  Good For Your Heart  <b>Esther</b>  <i>Powered by: Fit4Life 100</i>  <i>&amp; AirGO</i></p>	<p><b>18</b></p> <p><b>7am</b>  <b>Virtual Indoor Cycle</b>  <b>All Levels</b>  <b>Siobhan</b>  <i>Powered by: Siobhan's</i>  <i>SparkUp Fitness</i></p> <p><b>10am</b>  <b>Cara's Kitchen</b>  <b>Cara</b>  <i>Powered by: Statera</i>  <i>Fitness and Wellness</i></p> <p><b>2pm</b>  <b>Easy Kale Chips</b>  <b>Siobhan</b>  <i>Powered by: Siobhan's</i>  <i>SparkUp Kitchen</i></p>	<p><b>19</b></p> <p><b>9:15am</b>  <b>FUN FRIDAY</b>  (30 min)  <b>Kim</b>  <i>Powered by: TNWA</i></p>	<p><b>20</b></p> <p><b>9am</b>  <b>TEAM TAUGHT</b>  <b>WORKOUT</b>  A Mix of all of us  (60 min)  <b>Cara, Jacob, Kim &amp;</b>  <b>Siobhan</b>  <i>Powered by: The Happy</i>  <i>Heart Collaborators</i></p> <p><b>11am</b>  <b>Qi Gong Massage</b>  <b>Head, Face, Hand</b>  (30 min)  <b>Esther</b>  <i>Powered by: Fit4Life 100</i></p> <p><b>12pm</b>  <b>Laughter Yoga</b>  <b>Siobhan</b>  <i>Powered by: Siobhan's</i>  <i>SparkUp Comedy</i></p>
<p><b>21</b></p>	<p><b>22</b></p> <p><b>3pm</b>  <b>A Journey with</b>  <b>Mental Health</b></p>	<p><b>23</b></p> <p><b>7am</b>  <b>Virtual Indoor</b>  <b>Cycle</b>  <b>All Levels</b>  <b>Siobhan</b>  <i>Powered by:</i>  <i>Siobhan's SparkUp</i>  <i>Fitness</i></p>	<p><b>24</b></p> <p><b>12pm</b>  <b>Creating a Healthy</b>  <b>Heart</b>  (15 min)  <b>Kim</b>  <i>Powered by: TNWA</i></p> <p><b>3pm</b>  <b>FIT KITCHEN</b>  Irresistible Dessert Good  For Your Heart  <b>Esther</b></p>	<p><b>25</b></p> <p><b>12:30pm</b>  <b>Cooking Surprise</b>  <b>Siobhan &amp; Stephanie</b>  <i>Powered by: Siobhan's</i>  <i>SparkUp Kitchen &amp;</i>  <i>De-Fa-Rekin-Licious</i>  <i>Kitchen</i></p>	<p><b>26</b></p> <p><b>11am</b>  <b>Feet 2 Fingers</b>  (30 min)  <b>Kim</b>  <i>Powered by: TNWA</i></p> <p><b>3pm</b>  <b>Stand Up</b></p>	<p><b>27</b></p>

	<p><b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Coaching</i></p>		<p><i>Powered by: Fit4Life 100 &amp; AirGO</i></p> <p><b>4pm</b> <b>Kale Stir-Fry</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Kitchen</i></p>	<p><b>3pm</b> <b>Laughter Yoga</b> <b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Comedy</i></p>	<p><b>Siobhan</b> <i>Powered by: Siobhan's SparkUp Comedy</i></p> <p><b>6PM</b> <b>GRAND PRIZE DRAW</b> <b>LIVE</b></p>	
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