

“Spiritual Clips, Tips, and Blips”

<u>The Tip</u>	<u>The Tip</u>	<u>The Blip</u>
VMarlins Game Day	https://youtu.be/GjScj8cUgKM	FF2021
Dance Workout with the Trolls	https://youtu.be/OLXn_auSRU4	FF2021
Power/Speed/Agility Dailies	https://youtu.be/7wjx5UMVVJU	FF2021
Thumbs Down	https://youtu.be/DenQWUAEkcw	FF2022
Stretch, Run, Lift... Physically, Mentally, Spiritually	https://youtu.be/DR5IlkisiK4	FF2022