

Fitness for the Family

December 2016

Monday	Tuesday	Wedenzday	Thur s day	Friday	Saturday
			1	2	3
			Yoga Night	Dance Party	Interval walk
5	6	7	8	9	18 Rest day
Balloon play,	Pushups and	Holiday	Take a walk,	Dance Party	read a
not touching	lunges	charades	add skipping		holiday story
the ground!					
12	13	14	15	16	17 Rest day
Hula Hoop	Tricep dips	Hopscotch	Take a walk,	Dance Party	bake black
& sit ups	and sqauts	with painter's	add bear		bean
		tape on carpet	crawls		brownies
19	Z N	Z 1	77	Z 3	Z4
High knees &	Crab walks &	Balancing	Headstand &	Dance Party	Rest Day &
Butt kickers	crawl thrus	acts	Handstands		hot chocolate
76	77	78	79	7 0	31
					Rest day &
	_		•	2 70,000	kiddie
170100 WWW	1 cacy		puis juins		cocktails
	Balloon play, not touching the ground! 12 Hula Hoop 19 High knees &	Balloon play, not touching the ground! 12 Hula Hoop High knees & Butt kickers Tricep dips and sqauts Crab walks & crawl thrus 28 Frog Jumps & Family	Balloon play, not touching the ground! 12 Hula Hoop 13 Tricep dips and Hopscotch with painter's tape on carpet 19 High knees & Crab walks & Balancing acts 26 Frog Jumps & Family 7 Holiday charades Hopscotch with painter's tape on carpet 21 Balancing acts 28 Create an	Some play, Pushups and Lunges Pushups and Lunges Pushups and Lunges Charades Add skipping the ground! 12 Hula Hoop Tricep dips and sqauts With painter's tape on carpet Crawls 19 High knees & Crab walks & Butt kickers Crawl thrus Acts 20 Frog Jumps & Family Pilates 11 Yoga Night 8 Take a walk, add skipping 15 Take a walk, add bear crawls 12 Headstand & Headstand & Handstands 22 Family Pilates 13 Create an obstacle 14 Ding Rope & plank jacks	S Balloon play, not touching the ground! 13 Holiday charades add skipping the ground! 12 Hula Hoop Tricep dips and sqauts with painter's tape on carpet crawls 13 High knees & Crab walks & Crawl thrus acts 24 Dance Party 15 Dance Party 16 Dance Party 27 Dance Party 28 Dance Party 28 Dance Party 29 Dance Party 20 Dance Party 20 Dance Party 21 Dance Party 22 Dance Party 23 Dance Party 24 Dance Party 25 Dance Party 26 Dance Party 27 Dance Party 28 Dance Party 29 Dance Party 29 Dance Party 20 Dance Party 29 Dance Party 20 Dance Party 29 Dance Party 20 Dance Party 20 Dance Party 21 Dance Party 22 Dance Party 23 Dance Party 24 Dance Party 25 Dance Party 26 Dance Party 27 Dance Party 28 Dance Party 29 Dance Party 29 Dance Party 20 Dance Party 21 Dance Party 22 Dance Party 23 Dance Party 24 Dance Party 25 Dance Party 26 Dance Party 27 Dance Party 28 Dance Party 29 Dance Party 29 Dance Party 29 Dance Party 29 Dance Party 20 Dance Party 20 Dance Party 20 Dance Party 21 Dance Party 22 Dance Party 23 Dance Party 24 Dance Party 25 Dance Party 26 Dance Party 27 Dance Party 28 Dance Party 29 Dance Party 29 Dance Party 20 Dance Party 21 Dance Party 22 Dance Party 23 Dance Party

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