



Fitness for the Family

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga Night	2 Dance Party	3 Interval walk
4 Jumping Jacks & Planks	5 Balloon play, not touching the ground!	6 Pushups and lunges	7 Holiday charades	8 Take a walk, add skipping	9 Dance Party	10 Rest day read a holiday story
11 Side planks & sit ups	12 Hula Hoop	13 Tricep dips and squats	14 Hopscotch with painter's tape on carpet	15 Take a walk, add bear crawls	16 Dance Party	17 Rest day bake black bean brownies
18 Family Yoga	19 High knees & Butt kickers	20 Crab walks & crawl thrus	21 Balancing acts	22 Headstand & Handstands	23 Dance Party	24 Rest Day & hot chocolate
25 Walk	26 Frog Jumps & bird walks	27 Family Pilates	28 Create an obstacle course	29 Jump Rope & plank jacks	30 3 fire drills	31 Rest day & kiddie cocktails