

All Members

Free For all Friday. No Active Lines

1 minute: 30 seconds for each exercise

Monday	Jumping Jacks/Jogging on the spot
Tuesday	Scissor Jumps, Hopping and Jumping
Wednesday	Side Steps, High Knees
Thursday	Touch Your Toes, Ski Jumps
Friday	Free For all Friday No Active Lines



Each activity Led by Active School Committee.
Stop and Line up at the end.