



SPECIAL FITNESS DAYS



ON EARLY RELEASE WEDNESDAYS



Let's move, have fun, and stay strong!



SEPTEMBER

50
YARD
DASH



OCTOBER

MILE
RUN
DAY



NOVEMBER

PRESIDENTIAL
FITNESS
DAY



DECEMBER

BASKETBALL
MUSICAL
CHAIRS



JANUARY

RELAY
DAY



FEBRUARY

JUMP
ROPE
DAY



MARCH

BASKETBALL
MUSICAL
CHAIRS



APRIL

4
SQUARE



MAY

KICK BALL
TOURNAMENT



BE ACTIVE • HAVE FUN • BE YOUR BEST!

➤ STRONG BODIES, STRONG MINDS! ➤

