

Holy Family School Fitness Club

We are a virtual club with members who are pursuing fitness goals during our period of distance learning at Holy Family School.

biking	running	rollerblading	hoverboarding	sit-ups
push-ups	timed mile	timed sit-ups	daily soccer drills	
basketball drills	yoga routine	fitness videos	8-minute workouts	
jump rope	Wii dancing	hopscotch	jump rope	
weight-lifting	stretching	timed sprints	pitching practice	

The options are many! What are your fitness goals for this spring? Parents invited to join too!

Name: _____

Activity plan: _____

Fitness goals: _____

Email address: _____

Each week you will fill out a fitness club report and email it to:

hffitnessclub@gmail.com

Feel free to share photos! Newsletter regarding fitness adventures will go out weekly or bi-weekly.