

FAMILY FITNESS NIGHT 2020

Workouts for <u>EVERYBODY</u>!

Date: Thursday March 26thTime: 6:30-8:00 pmLocation: Linden MPR

Dear Linden Families,

Let's have fun and celebrate diversity, health and wellness as we breathe together and move together in two dynamic, enjoyable family-friendly workouts!

6:30-7:15 pm HIIT (High Intensity Interval Training) a fun, fastpaced easy to follow workout for all fitness levels. This workout will combine forms of cardio and strength training and you can work at a level of intensity that is good for you!

7:15-8:00 pm GLOWGA- a family fun-filled yoga session where we will help light up the MPR with glow sticks and our energy! All levels welcome. Glow sticks provided. Please bring your own yoga mat or towel as limited yoga mats will be available.

Best in Health,

Mrs. Shari Williams- PE Teacher