

★ Elementary & Middle Schools   ★ YMCA's   ★ Boys & Girls Clubs   ★ Fitness Clubs



[View Program In Action](#)



- ✓ Five Days of Fitness Activities
- ✓ 12 Jump Rope Stations with Visual Diagrams
- ✓ Four Corners Activities
- ✓ 12 Exercise Stations with Visual Diagrams Painted on ground
- ✓ Improve in Physical Health
- ✓ Motivating Music to Get Students Moving

