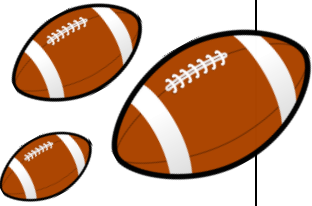













# FITNESS FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p style="text-align: center;">1 2 3 4 5 6</p> <h2 style="text-align: center;">I'm Super Theme Week!</h2> <p style="text-align: center;">Come to Class Ready for a SUPER experience combining football and gymnastics!</p>						
	<p>7</p>	<p>8</p>	<p>9</p> <p>What do you do to stay healthy and fit?</p>	<p>10</p> 	<p>11</p> <p>How many different sports can you name?</p>	<p>12</p> 	<p>13</p> <p>Try touching your toes 10 times!</p>
<p>14</p> <p>Happy Valentines Day!</p>	<p>15</p> <p>President's Day! How many different presidents can you find on coins?</p>	<p>16</p> 	<p>17</p> <p>Can you do a forward roll?</p>	<p>18</p> 	<p>19</p> <p>Teach your teddy bear to do a forward roll!</p>	<p>20</p> 	
<p>21</p> <p>Tell mom or dad one goal you have for gymnastics!</p>	<p>22</p> 	<p>23</p> <p>Draw a picture of your favorite place!</p>	<p>24</p> <p>Half Dayz Hype Open Gym 1:30-3:30pm</p>	<p>25</p> <p>26</p> 	<p>27</p> <p>What's your favorite healthy food?</p>		
<p>28</p> 	<p>29</p> <p>What's your favorite sport?</p>		 <p>Virginia Techniques Gymnastics www.VATechniques.com (540) 381-5151</p>				