



• VIRTUAL •
**FAMILY
FITNESS
WEEK**

**October
12th-16th**

ENTER TO WIN PRIZES!

**PARTICIPATE
FROM
HOME**

WATSON MARTIAL ARTS
POWER YOGA
DANCE FOR JOY
WOLFSON CHEER
COACH – HIT SESSION



We have created a Hendricks Avenue PTA Youtube page for the above coaches to upload their 5-10 minutes videos onto. Throughout the week (if you choose) you may watch and participate in at least four of the videos and solve the word puzzle sent home with you on Monday 10/12. We will accept the word puzzles through Monday 10/19 to be eligible for the prize Sweet Frog gift card drawings.

Be on the lookout for the link from your homeroom parents or use the QR code above!