



# April 2018

## Tiny Tot Fitness - Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1**  
**HAPPY EASTER!**  
Have fun looking for eggs!



**2**  
Rock like a rocking horse - a rocking chair - a banana.

**3**  
Walk on your tippy toes for as long as you can.

**4**  
Hug your favorite teddy bear while you do 10 sit ups.

**5**  
Can you eat apples and bananas like we do at the gym?

**6**  
Show a grown up your "L" support. Press on your hands & lift your body off the floor.

**7**  
For a healthy clean body, go outside and run until you sweat!

**8**  
Do the candlestick rock to music - roll back to candle then up to your feet fast.

**9**  
Squat - front support, side support, rear support, candlestick, flashlights.

**10**  
Celebrate Spring by flying around like a butterfly. Can you stand and fly? Can you stretch and fly?

**11**  
Walk like a crab forward, backward, & sideways.

**12**  
Hop 10 times on one foot, then on the other..... then practice your safety falls.

**13**  
Can you do 25 jumping jacks?

**14** Go outside and see how far you can skip! Now come inside & stretch your legs by touching your toes.

**GYM CLOSED FOR SPRING BREAK! NO GYMNASICS FROM APRIL 9th-14th**

**15**  
Walk around like a strong bear forward, backwards and sideways.

**16**  
Hold your grown up's hands & do a 'skin the cat' by walking up their legs & flipping over.

**17**  
Make "Windshield Wipers" to wash away the rain!

**18**  
Practice your teeter totters!

**19**  
Sit down - then stand up with straight legs.

**20**  
Make an umbrella - lift up your bottom and tuck your head under.

**21**  
Balance on your tummy to fly like superman. Roll to a banana.

**22**  
**Celebrate EARTH DAY**  
Go for a walk and pick up litter.



**23**  
London Bridge is falling down...lift up your bridge & sing the song.

**24**  
Do a teeter totter with your grown up. Can they hold your legs while you count to 5 upside down.

**25**  
Do a bear roll. Can you do a bear roll and then an umbrella roll?

**26**  
Draw a chalk line & practice your cartwheel along the line.

**27**  
How long can you balance on one foot?

**28** Be all of the animals that you know and have an adult guess what they are.

**29**  
Do all the jumps you know - tuck, straddle, pike & full turn.

**30**  
Play wheelbarrows with a friend - let them hold your legs, you be the wheelbarrow.