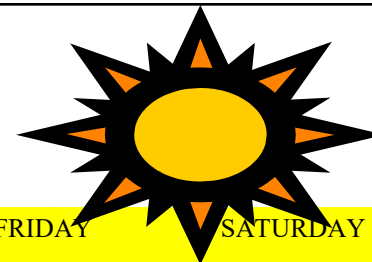


June 2018

Tiny Tot Fitness - Gymnastics East



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Busy this summer?

Ask about our make up classes or our Open Gym on Saturday for kids who are in Kindergarten thru Middle School.

3
Can you make a crab and lift your tummy all the way off the ground? Can you walk around?

4
Can you do Umbrella rolls? Try 2 in a row.

5
Practice **safety falls** 'Feet seat & peek'. Run in place then fall safely forward turning on your back to roll.

6
Patty cake sit ups. Tuck sit facing a friend, feet touching. Lower down then sit up & pat hands.

7
Squat, front support, side support, rear support, candlestick, flash lights.

8
Take a trip to the Zoo. Mimic as many animals as you can think of.

9
Balance on 1 foot as long as you can. Try it with your eyes closed.

10
Draw a chalk line & practice your cartwheel along the line!

11
Hug your favorite teddy bear while you do 10 sit ups.

12
Can you do 10 tuck jumps, 10 straddle jumps, then 10 pike jumps?

13
Do some teeter hop totters - keep your arms by ears! Try teeter-touch-totter next.

14
Walk with a book on your head ...forwards, backwards, sideways. Can you squat & stand up again?

15
Make a 1-legged candlestick. Now jump your other leg up in the air without letting your bottom drop.

16
Help sort the laundry -- with your feet! Pick up socks with your toes.

17 Happy Father's Day
Invite 2 friends to make a **Human Tunnel** ...take turns to crawl under each other! Try bears and crab/tables.

18
Last week of classes for this year!
Try to do 5 push ups in a row. Chop down your tree arms and **TIMBER!**

19
Get Dad to wheelbarrow you across the lawn. How far can you walk on your hands?

20
Find a safe place to practice your monkey jumps and cartwheels.

21
'Crab Attack'
With some friends, crabwalk as fast as you can. Watch out for traffic jams.

22
Have a pancake or a pizza party like we do at gym - straddle sit spread lots of toppings, bend over & eat it up.

23
Last day of school year classes!
Do your favorite gymnastics trick you learned this year!

24
Practice your teeter touch totters with Mom. Have her hold one ankle. How long can you stay up?

25
Start of our Summer Schedule!!
Inch worm walk your way around the house.

26
Sweating from exercise is healthy.....
Run, jump, skip, hop, gallop, and slide till you sweat.

27
Have a family fitness day. Who can do the most sit ups and push ups?

28
Play the apple game like at the gym - tuck spin to shine it up & eat it bit by bit.

29
Squat - bear - noodle bear - strong bear - squat - candle - stickflashlights (12 times).

30
CLOSED NEXT WEEK FOR 4th OF JULY!