



Beverages CHOOSE ONE

Jumping Jacks 25
Two sets

Jog in Place 3 min.

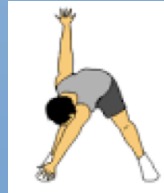
Dance 4 min.
Move to your favorite song



Appetizer CHOOSE ONE

Jump Rope 2min.
Imaginary

Jump 2 min.
Front and back for 1 min then side to side for 1 min.



Salad CHOOSE ONE

Arm circles 15
Fifteen front & fifteen backwards

Alternating Toe Touches 30

Alternating Knee Lifts 30

MOVEMENT IN THE ARTS

ACTIVITY
Take Out Menu



Warm Ups
Stretches
Exercise and Cool Downs

Main Course CHOOSE ONE

Crab Walking 3 min.

Around the room

Mountain Climbers 30

Jogging 3 min.

Jog around the room



Sides CHOOSE TWO

Burpees 10

Wall Sit 1 min.

Push Ups 15

Two sets

Plank 1 min.

Two sets

March in Place 2 min.

Alternating Lunges 20

Ten on each side



Dessert

Yoga Stretches 2 sets

Choose from the following combinations. Hold the poses in each group for 30 seconds. Repeat two times

Outdoor Poses: Tree, flower, Mountain, Crescent Moon, Rainbow, Star Poses

Animal Poses: Downward Dog, Frog, Cobra, Lion, Cow Poses

Combo Poses: Child, Ragdoll, Triangle, Warrior, Tree Poses

