

2021 Winter Challenge 1

JAN.
11-24



CSSS

**BLAZE
A TRAIL**

**Kids
Choice**

**JUMPING
JACKS**

**AB
CRUNCHES**

**Kids
Choice**

**BURPEES OR
PUSH-UPS**

**ICE SKATING
OR SKIING**

HOPSCOTCH

STRETCHING

**BALANCE
EXERCISES**

**Kids
Choice**

**20 MIN.
FREE PLAY**

**RUN, HIKE
OR WALK**

DANCE

**SHOVEL
SNOW**

**Kids
Choice**