

FITNESS FRIDAY

The staff of Spartan Dance and Fit Center is excited to bring the students of Whitehills Elementary fun and exciting fitness activities every Friday morning (8:15-8:35) during the month of May!

May 10: Fitness Fun (Tiffany)

Fun yet effective exercises good for all ages!

May 17: Healthy and Strong Workout (Chris & Tiffany)

Have fun engaging in age-appropriate exercises that encourage strength, cardio and core fitness!

May 24: HIP HOP and B-boy B-girl (Tiffany)

Learn the basics of hip hop and breakdancing in a fun and safe environment!

May 31: Cardio & Core Blast (Chris & Tiffany)

Get your heart rate up with fun and engaging cardio exercises with your friends and teachers!

We look forward to seeing you out on the playground!

Appropriate shoes and clothing required to participate.

Let's Work Out!