



GARDINERS AVENUE MAY FITNESS CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Movement & Mindfulness https://www.youtube.com/watch?v=CGX2IU35Jqc	Cosmic Kids Yoga https://www.youtube.com/watch?v=QM8NjCfOg0	ACES <i>All Children Exercise Simultaneously</i> https://www.youtube.com/watch?v=elk4qRGtfHQ	Stretching https://www.youtube.com/watch?v=6faJ5Wp0PGY	Freeze Dance https://www.youtube.com/watch?v=388Q44ReOWE&t=1s	Fitness Recovery Day - Relax
8 Fitness Recovery Day - Relax	Movement & Mindfulness https://www.youtube.com/watch?v=Wsy2L9VvX90	Cosmic Kids Yoga https://www.youtube.com/watch?v=R-BS87NTV5I	Cardio-Exercise https://www.youtube.com/watch?v=IZXIQWhIKYs	Stretching https://www.youtube.com/watch?v=4SL-FI9H32Y	Freeze Dance https://www.youtube.com/watch?v=s6PP_yucJEo	Fitness Recovery Day - Relax
15 Fitness Recovery Day - Relax	Movement & Mindfulness https://www.youtube.com/watch?v=0JD2b1g7nro	Cosmic Kids Yoga https://www.youtube.com/watch?v=02E1468SdHg	Cardio-Exercise https://www.youtube.com/watch?v=TIV17FPT-l	Stretching https://www.youtube.com/watch?v=jeNwE4VXggs	Freeze Dance https://www.youtube.com/watch?v=C5Yt8pzbATo	Fitness Recovery Day - Relax
22 Fitness Recovery Day - Relax	Movement & Mindfulness https://www.youtube.com/watch?v=5aE18lb7coY	Cosmic Kids Yoga https://www.youtube.com/watch?v=fnO-IGEMOXk&t=667s	Cardio-Exercise https://www.youtube.com/watch?v=s30e_VCmORA	Stretching https://www.youtube.com/watch?v=p6kXCeiy92M	Freeze Dance https://www.youtube.com/watch?v=C5Yt8pzbATo&t=188s	Fitness Recovery Day - Relax
29 Fitness Recovery Day - Relax	Movement & Mindfulness https://www.healthykidslearnmore.com/Healthy-Kids-Learn-More/Educator-Resources/Take-5ive/Mindful-Movement-K4-8	Cosmic Kids Yoga https://www.youtube.com/watch?v=coC0eUSm-pc				

