

Today's Schedule

1.



Learning Target

2.



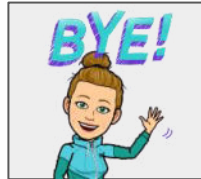
Warm-up

3.



**Holiday Songs
Workout**

4.



Gym is Done

Time To Workout!

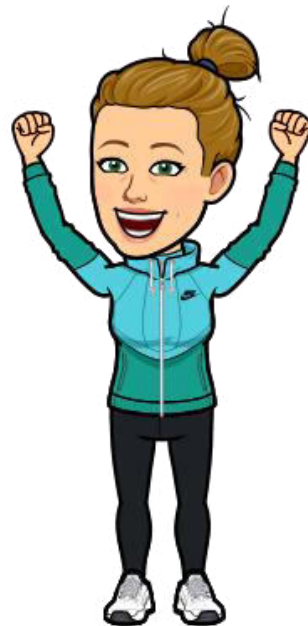
Holiday Songs





Sitting Workout

or



Standing workout

Jingle Bells

MOVE WRIST UP & DOWN

27



Seated or Standing

Last Christmas I Gave You My Heart SHOULDER TAPS



Seated



Standing

All I Want for Christmas is You

FRONT ARM RAISES



Seated



Standing



Happy Hanukkah

WRIST ROLLS

27



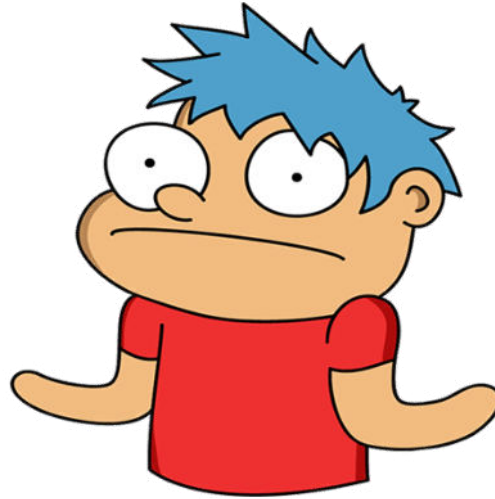
Seated and Standing

Where Are You Christmas?

SHOULDER SHRUGS



Seated



Standing

It's Beginning to Look A Lot Like Christmas

NECK STRETCH SIDE TO SIDE



Seated

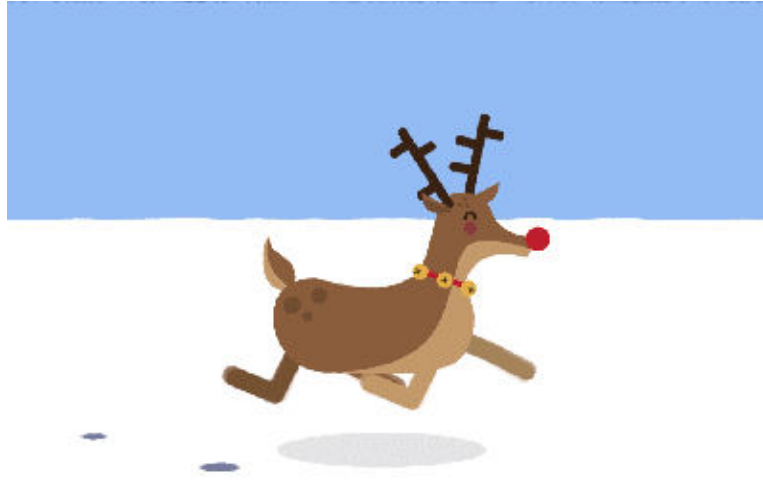


Standing

Run Run Rudolph LEG RAISES



Seated



Standing

Let It Snow

MOVES ARMS & WIGGLE FINGERS



Seated



Standing

Kwanzaa

Celebration!

ARM ABOVE HEAD & LEAN TO SIDE



Seated



Standing

Rudolph the Red Nosed Reindeer NECK STRETCH UP & DOWN



Seated



Standing

Up on the House Top

TOE TOUCHES



Seated



Standing

Oh Hanukkah

PUNCHES



Seated



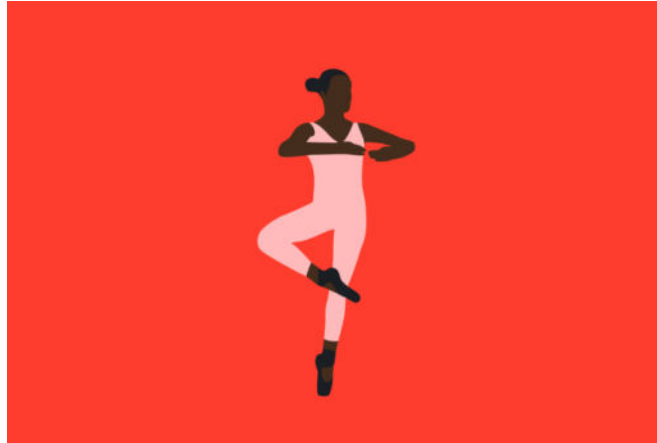
Standing

Dance of the Sugar Plum Fairy

TWIST SIDE TO SIDE



Seated



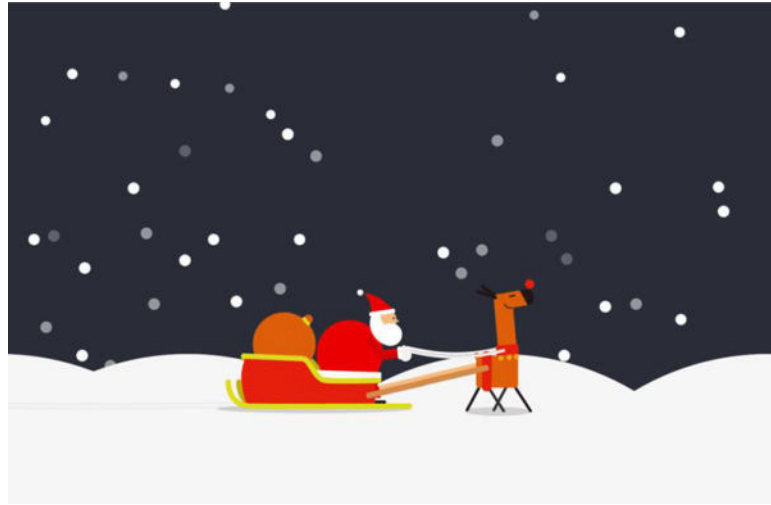
Standing

Here Comes Santa Claus

BICEP CURL



Seated



Standing

You're A Mean One

Mr. Grinch

OPEN & CLOSE HAND

27



Seated or Standing

Rockin' Around the Christmas Tree

ARM CIRCLES



Seated



Standing

Feliz Navidad

MOVE ARM OUT AND IN

27



Seated



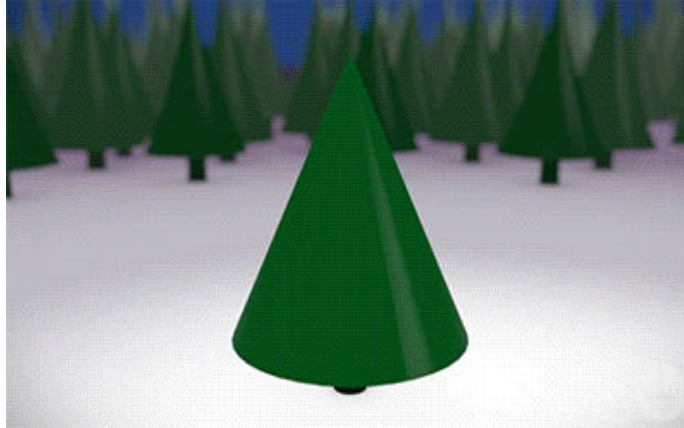
Standing

0 Christmas Tree

FINGERS TOUCH ABOVE HEAD



Seated



Standing

Sleigh Bells

27

BOTH ARMS ABOVE HEAD & LEAN TO SIDE



Seated



Standing

Winter Wonderland

ANKLE ROLLS OR LUNGES



Seated



Standing

Light the Kinara for Kwanzaa

SIDE ARM RAISES OR JUMPING JACKS



Seated



Standing

Deck the Halls

OVERHEAD REACH



Seated



Standing

Jingle Bell Rock

BOTH ARMS REACH UP



Seated



Standing





DONE