



# AFTER SCHOOL PROGRAM Weekly Schedule

## **Muscle Monday**

Our Fitwize kids will learn, demonstrate and incorporate proper exercise techniques into their daily living. Muscle Monday will involve body weight exercises, machines, free weights, etc. Exercise routines will be constantly changing so that our bodies are always guessing, which in return, equals GAINS. Some of the activities we'll enjoy:

1. Circuit Training
2. Sets x Reps
3. Team Building/Cooperative Training
4. HIIT Workouts
5. Tabatas
6. Cardio Based



## **X2 Tuesday**

X2 Tuesday will be more partner-based. Students will pair up and work together to accomplish their goals. Having a partner is not only fun to work with, but it's great to have someone push and challenge you. Sometimes we all need a little push, and x2 Tuesday encourages new friendships and establishes a foundation for teamwork. Some of the activities we'll enjoy:

1. Pyramid Workout
2. Chipper Workout
3. Challenging partner routines/exercises
4. Partner Workouts
5. Partner Testing: Pushup test, sit and reach, sit-up test, shuttle run

## **Way Back Wednesday**

Way Back Wednesday is all about old school workouts. Fitwizians will see how our parents, and even our grandparents, worked-out and the history that follows along with it. Some of the activities we'll enjoy:

1. Calisthenics
2. Group Exercise Class
3. Manuel Labor
4. Caveman Workouts
5. History/Education of exercise (Charles Atlas, Richard Simmons, Arnold S, Ali, Popeye, etc)

## **TRI Hard Thursday**

TRI Hard Thursday gives Fitwizians 3 different options of physical activity. Activities will vary from cardio to strength training and will have each Fitwizian working hard at all 3 stations. Life is always better when you TRI! Some of the activities we'll enjoy:

1. Jump Roping/Hula Hooping
2. WOD
3. Machines
4. Scavenger Hunt Workout Themed
5. Design Your Own Workout

## **Fun Fridays**

Fun Fridays is all about celebrating the end of the week, and what better way to end it than by playing some of our most popular games! Games will range from individual challenges to team tournaments. Fridays are so fun, that we won't want the day to end. Some of the activities we'll enjoy:

1. Dodgeball
2. Handball
3. Basketball
4. Knock Out
5. X's and O's
6. Wall ball
7. Soccer