

Join Coach Dean and Guests for



of



and



Beginning Tuesday, October 23 @ 9:45 a.m.!!

All LIVE and all ONLINE!

Do you find yourself sitting too much during the day? Do you wish you had someone to be active with during the day? Do you want to be active but don't really want to go outside? Do you need to add activity to complete your physical activity log?

If you answered **yes, to any of the above questions, you should join us for**

15 minutes Of Fitness and Fun.

All are welcome, not just P.E. students!

Here's how it works:

- Wear comfortable clothing that allows you to move freely.
- Put on some athletic shoes or sneakers - this is a must!
- Grab a water bottle, towel or mat, and a CAN DO spirit!
- Then simply log in to **Coach Dean's ZOOM ROOM** using the link here... <https://zoom.us/j/516249842> or on the FFF announcement page. Join your classmates and even some teachers for a short burst of fun & fitness sure to get your heart pumping and your body moving!
- Afterward, if you are a P.E. student be sure to record your activity on the activity log.

That's it! It couldn't be easier! So join us for some heart-pounding fun!

We can't wait to see you there!

15 Minutes Of Fitness and Fun Session Schedule

Join Coach Dean and Guests for a 15-minute fun, fitness session and get moving!

Listed below are the session dates for the first semester. Cancellation of sessions may occur due to scheduling conflicts, testing, or circumstances beyond our control.

All sessions begin promptly at 9:45. Please arrive a few minutes early.

October Session Dates	November/December Session Dates
Tuesday, October 23	Tuesday, November 6
Tuesday, October 30	Tuesday, November 13
	Tuesday, November 20
	Tuesday, November 27
	Tuesday, December 4
	Tuesday, December 11

Location:

Coach Dean's **ZOOM ROOM** Link here <https://zoom.us/j/516249842>, above and on FFF page.

(This is not your Turbo Time room.)