

April



2017

National African–American Women’s Fitness Month Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Dance to Your Favorite Music
2 Go Roller Skating	3 S-T-R-E-T-C-H	4 Choose An Activity	5 Take an Aqua Aerobics Class	6 Walk in the Park	7 Walk the Stairs at Work	8 Go Bowling
9 Take a Spin Class	10 Take a Zumba Class	11 Hula Hoop	12 Jog in the Pool	13 Run Around Your Neighborhood Track	14 Choose An Activity	15 100 Jumping Jacks
16 Play a Game of Basketball	17 Take a Yoga Class	18 Ride a Stationary Bike for _____ Minutes	19 Choose An Activity	20 Jump Rope 100 Times	21 Ride a Bike	22 Take a Hike
23 Play a Game of Table Tennis	24 Choose An Activity	25 15 Minute Workout with an Exercise Ball	26 Take a Pilates Class	27 Walk for 30 Minutes on a Treadmill	28 Go Swimming	29 Choose An Activity

Note: These activities are suggestions of ways you can begin to achieve your fitness goals. Always consult a physician before beginning any exercise activity. ©2017 www.SheilaMadison.com