

April



2019

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 Choose An Activity	29 Dance to Your Favorite Music	30 Go Roller Skating	31 S-T-R-E-T-C-H			