

# FIT Family Night.

*Welcome Forest Ridge Elementary*

## RED

- Yoga
  - *Music Room*
- Zumba
  - Cafeteria
- Karate
  - Gym
- Boot Camp
  - Gym

## GREEN

- Karate
  - Gym
- Boot Camp
  - Gym
- Yoga
  - *Music Room*
- Zumba
  - Cafeteria

## BLUE

- Boot Camp
  - Gym
- Yoga
  - *Music Room*
- Zumba
  - Cafeteria
- Karate
  - Gym

## PURPLE

- Zumba
  - Cafeteria
- Karate
  - Gym
- Boot Camp
  - Gym
- Yoga
  - *Music Room*

*Finales begin at 7:30*

*Zumba Dance Party (Cafeteria)*

*Parent Workshop – Hidden Veggies (Media Center)*

