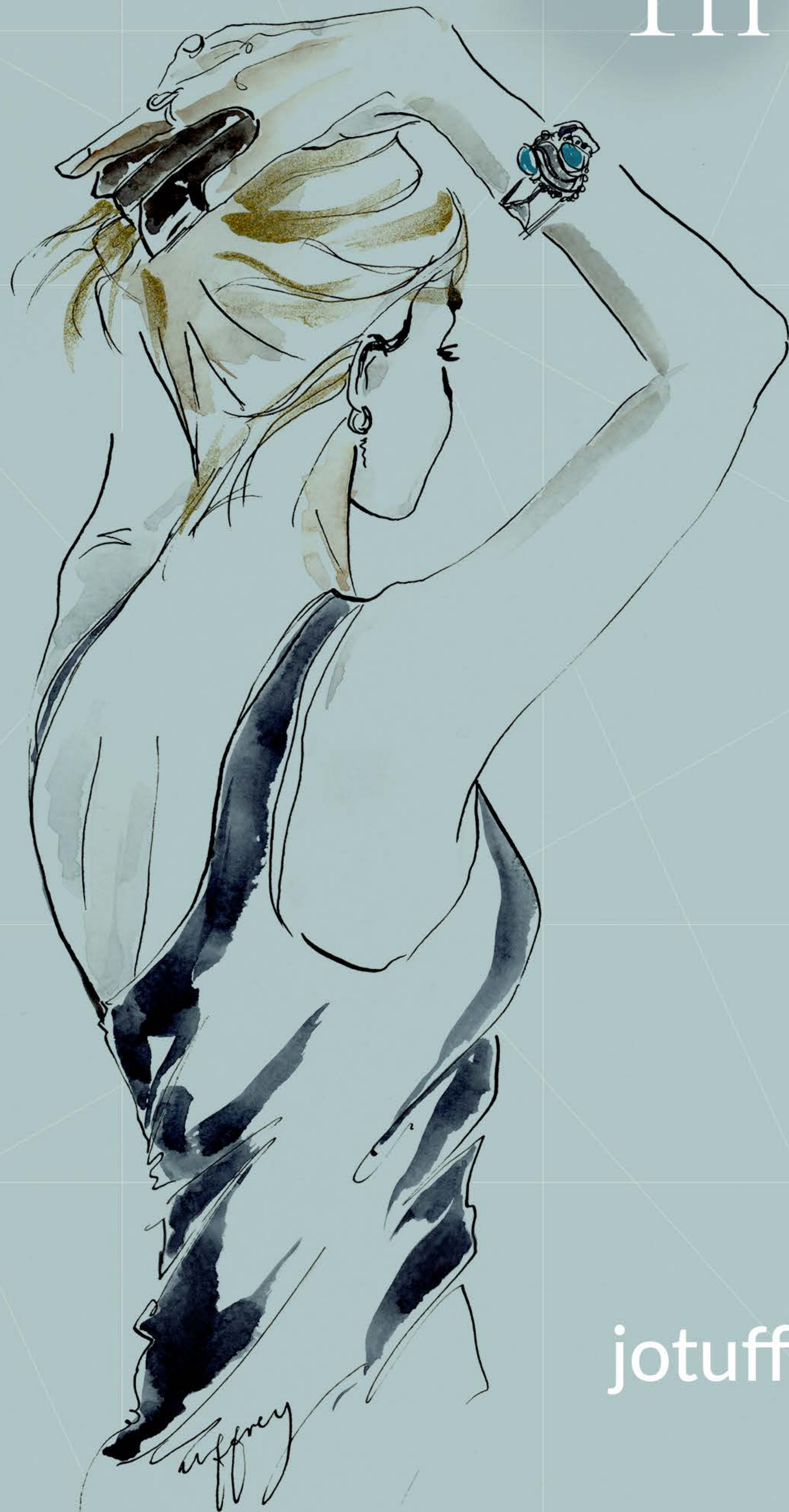


The Spirit of Christmas!

DECEMBER
MOTIVATION PACK

Jo



jotuffrey.com

#LET'S MOVE | Jo

““Those that have not Christmas
in their hearts,
will never find it under a tree.
Just remember the true spirit of
Christmas lies in your heart.”
— The Polar Express

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY/SAT/SUN



4TH **10 x 3 Christmas Special**
weights needed

5TH **ABC Christmas**
weights needed

6TH **Santa's Belly Blast**

7TH **Christmas Stockings**

8TH / 9TH / 10TH
Repeat or Rest

Feelings:



11TH **Snow Stretch**

12TH **Angel Arms'**
weights needed

13TH **Bauble Bottoms**
weights needed

14TH **Jo's Birthday Best**
weights needed

15TH / 16TH / 17TH
Repeat or Rest

Feelings:



18TH **Jingle Bell Rock**
weights optional

19TH **Big Band Encore #2**
band needed

20TH **Silent Night Stretch**

21ST **Take A Breath**

22ND / 23RD / 24TH
Relax and Have Fun
it's Christmas!

Feelings:

#LET'S MOVE | Jo

“I’ve learnt that you can tell a lot about a person by the way they handle these 3 things.

A rainy day, lost luggage and tangled Christmas lights.”

— Maya Angelou