

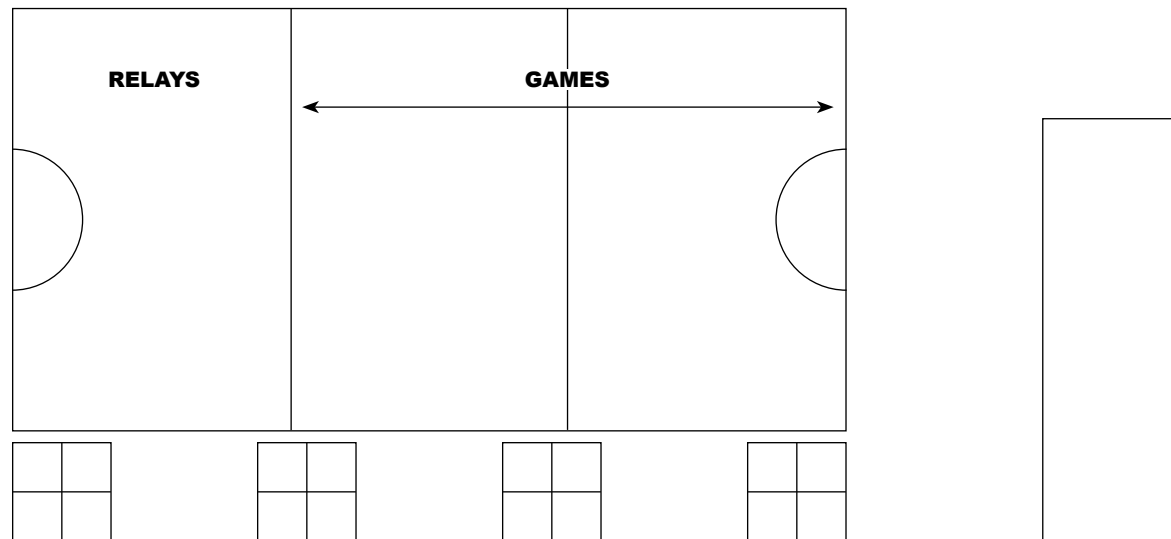
Taroona Daily Fitness

A daily fitness program for schools

POWER WALKING

- AEROBICS:** G.P. Room
- OBSTACLE COURSE:** "Hill" next to play equipment
- BOUNDARY RUN:** Opposite Terrapin
- RELAYS:** Netball Court
- PENTATHLON:** Middle of oval (cricket pitch)
- COMMANDO:** Oval near steps
- POWER WALKING:** Outside Double Unit
- SKIPPING:** Wall – Netball Court
- GAMES:** Netball Court
- CIRCUT TRAINING:** Gourlay Street

CIRCUT TRAINING



PENTATHLON - THURSDAY

