



4th May 2020

Dear Parent/Guardian,

Good Morning and I hope all is well and you are keeping safe!

Just to let you know that as we enter this new week, there are another batch of new videos to go out this week! As it's Monday there is also the Weekly Challenge (How many star jumps can you do in 1 minute?) video that is live to watch now.

You'll be glad to hear that today's session is a special one, it is targeted at the whole family, so that you can also get involved with your kids! It is a HIIT style workout, so a good one to burn those calories and tone/strengthen your muscles!!

Hope you can get involved and would love to see those videos coming in! Please remember to subscribe to the channel if you haven't done so already!

Thanks for watching!!

Kind Regards,
Coach Segun

Fit 4 Future Foundation
REGISTERED CHARITY No: 1168854
www.fit4futurefoundation.org
0203 802 6909