



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

March 2027



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 25 Lunges	2 50 Air Punches	3 Spin the Wheel!	4 Frozen Yoga	5 Practice Tree Pose on each leg	6
7	8 Learn & Practice Forward Bend	9 Choose a Fit4Kids March Brain Booster	10 60 Seconds of Duck Walks	11 2-Minutes of Bicycle Crunches	12  CLOSED	13
14	15 50 Crab Kicks	16 Stationary Stretch Brain Break	17 25 One Foot Hops on each foot	18 St. Patrick's Day Would you Rather	19 Do 15 Inchworms	20
21	22 St. Patrick's Day Freeze Dance	23 Complete Chair Triathlon	24 Practice Calf Raises	25 Choose a Fit4Kids March Brain Booster	26 Learn and Practice the Balance Challenge	27
28	29  CLOSED	30  CLOSED	31  CLOSED			