



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

March 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Learn & Practice Forward Bend	Choose a Fit4Kids March Brain Booster	60 Seconds of Duck Walks	2-Minutes of Bicycle Crunches	Practice Tree Pose on each leg	
8	50 Crab Kicks	Stationary Stretch Brain Break	25 Lunges	St. Patrick's Day Would you Rather	 CLOSED	
15	St. Patrick's Day Freeze Dance	Frozen Yoga	Practice Calf Raises	Choose a Fit4Kids March Brain Booster	Learn and Practice the Balance Challenge	
22	50 Air Punches	Practice Trapezius Squeezes	This or That Sports Edition	60 Seconds of Front Back Jumps	Complete Chair Triathalon	
29	25 Windmill Toe Touches	25 One Foot Hops on each foot				