

CVESD PHYSICAL EDUCATION PRESENTS:  
**WELLNESS WEDNESDAY**

LIVING LIFE IN BALANCE-  
THE ULTIMATE OBSTACLE COURSE

**MAY 5TH, 2020**  
**3:00-4:00 PM**

Join Coach G, kids, and families from all over Chula Vista for an hour of mindfulness, high intensity workouts, a special challenge, and a dance party!!



**WANT TO JOIN IN THE FUN?**

CLICK HERE:

[HTTP://BIT.LY/WWFITNESS\\_2021\\_05\\_05](http://bit.ly/WWFITNESS_2021_05_05)

**MAKE SURE TO HAVE THE FOLLOWING:**

Water Bottle, yoga mat or Towel, Tennis Shoes, tape, pillows, 5 books, a spoon, and a small ball or round object!

