

# Happy Feet

Get Up and MOVE!

C	H	C	T	E	R	T	S	N	T	I	A	T	O
E	A	T	A	N	C	T	E	F	L	M	V	N	Y
C	L	L	F	N	D	Y	E	E	F	H	O	S	O
N	O	L	I	R	O	O	V	M	Y	O	G	A	E
T	E	C	R	S	L	I	O	R	I	T	A	G	T
F	C	B	N	U	T	C	T	G	R	O	V	S	C
A	N	E	S	E	N	H	C	A	L	C	T	N	E
N	A	G	G	R	M	N	E	T	V	E	G	E	G
E	L	N	L	O	S	A	I	N	E	I	E	H	R
H	A	U	N	F	M	O	L	N	I	I	T	F	A
A	B	M	S	O	O	A	A	F	G	C	L	O	Y
C	N	B	A	E	R	O	B	I	C	S	S	L	M
L	O	I	T	H	E	C	A	R	L	T	O	N	N
S	G	B	T	E	U	T	O	T	C	L	O	C	C



Calisthenics  
Flamenco  
Stretch  
The Carlton  
Balance

Running  
Yoga  
Aerobics  
Feel Good  
Motivation

