



A U T I S M
tree project
FOUNDATION

ATPF FITNESS CLASS

AGENDA

- Introduction
- Warm Ups
 - Side lunges
 - Pillow circles
 - Arm circles
- Exercises
 - Running in place
 - Squats
 - Push-ups
 - Pillow throw
 - Bicep curls
 - Overhead press
 - Jump to spot markers
 - Punching air
 - Around the world
- Stretches

OBJECTIVES

- Mobility
- Balance
- Posture
- Motor Coordination
- FUN!

MATERIALS

- Yoga mat/soft surface
- Pillow
- Chair
- Water bottles (2)
- Spot markers
 - (tape, cones, etc)

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