

APRIL 2021



JOIN THE FUN AT WWW.BOSTONBACKINMOTION.COM

SUN MON TUE WED THU FRI SAT

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|---|---|--|---|--|-----------|
| | | | | 1 Wally, the Red Sox Mascot, Kicks Off the month! | 2 Check out www.BostonBackinMotion.com to make your plan for the month | 3 |
| 4 | 5 Workout with Coach Dimitri Curry of Boston Public Schools | 6 BOKS Bursts – 100 Point Challenge | 7 Playworks Minute Mover | 8 BOKS Bursts – Caterpillar to Butterfly | 9 Playworks Minute Mover | 10 |
| 11 | 12 Workout with Coach Crystal Rosa of Boston Public Schools | 13 BOKS Bursts – Marching Mania | 14 Playworks Minute Mover | 15 BOKS Bursts – Let's Climb with Seyi Smith, 2x Olympian | 16 Playworks Minute Mover | 17 |
| 18 | 19 Marathon Monday | 20 BOKS Bursts – Coin Flip | 21 Workout with Coach Jessa Plosker of Boston Public Schools | 22 BOKS Bursts – Hip Hop Dance Moves | 23 Playworks Play at Home | 24 |
| 25 | 26 Workout with Coach Josh Harsester of Boston Public Schools | 27 BOKS Bursts – BOKS it | 28 BFit with Playworks | 29 BOKS Bursts – Snowboard burst | 30 BFit with Playworks | |