

Lanier Elementary School

Do you enjoy exercising with friends?
Do you feel more motivated to finish a task when you have a partner cheering for your success?
Are you looking for ways to encourage your child to move rather than sit in front of a video game screen?
If you answered “yes” to any of those questions, Mondays in Motion might be for you!

Beginning Mondays in September

2:45pm-3:45pm @ the LES Track
(weather permitting)

Mondays in Motion

2:45-3:45pm

Mondays in Motion-Families meet at the track as we exercise together. We will warm-up, stretch, and then begin moving on the track. Participants may move as fast or slow as they like. It will just be fun to have our Lanier Family out there together. Students must have a parent/guardian present to participate.

Contact Person:

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