

Active Classrooms Month Live Physical Activity Boosts

Active Schools and Springboard to Active Schools are hosting weekly live physical activity boosts for students, teachers, and caregivers. Check out the details below for how to join these short energizers every week. We hope you'll join us!

[PLYOGA Fitness](#)

Tuesday, February 2 | 1:00-1:10 PM EST

[Click here to join the live event](#)



[Les Mills Born to Move](#)

Tuesday, February 9 | 1:00-1:10 PM EST

[Click here to join the live event](#)

This event has a passcode: 147072



[PowerUp Fitness](#)

Tuesday, February 16 | 1:00-1:10 PM EST

[Click here to join the live event](#)



[Hip Hop Public Health](#)

Active Classrooms Month Final Celebration!

Tuesday, February 23 | 1:00-1:20 PM EST

[Click here to join the celebration!](#)

