



# Virtual

## Winter Family Fitness Challenge

The South Fayette PTA is taking Family Fitness Night online this year!  
We challenge your family to complete all the fun and exciting workouts!

### Step Up to The Challenge:

- #1-Parents/Guardians sign up your family to participate for each of the challenges.
- #2-Complete all the exercises listed on the Activity Flyers.
- #3-The PTA will draw a winner(s) at random from those who signed up.

Click Here  
to  
Sign Up

### 14 Day Progressive Ladder Workout:

January 8<sup>th</sup>-January 21<sup>st</sup>

PRIZE: \$30 Dick's Sporting Goods Gift Card

Click Here  
to View  
Activity Flyer

There will be two winners randomly selected from the Elementary School and two from the Intermediate School.

Click Here  
to  
Sign Up

### Workout Video Week:

January 22<sup>nd</sup>-January 28<sup>th</sup>

PRIZE: \$30 Dick's Sporting Goods Gift Card

Click Here  
to View  
Activity Flyer

There will be one winner selected randomly from the Elementary School and one from the Intermediate School.

Visit the South Fayette PTA Website for more information:



Welcome to the  
**South Fayette PTA Website!**



Please check back often to stay informed on all the exciting PTA events taking place at South Fayette Elementary & Intermediate Schools.

Questions? Email: [familyfitnessnight@southfayettepta.org](mailto:familyfitnessnight@southfayettepta.org)