

# HOUSTON CELEBRATES



## FITNESS CHALLENGE

- APR 4** ● 73-Second forearm plank (on toes or knees)
- APR 5** ● Tricep dips with chair for 73 seconds
- APR 6** ● Sit-ups/crunches for 73 seconds for kids, 73 reps for adults
- APR 7** ● Bootcamp @ the Merfish  
All ages
- APR 8** ● 73-Second squat hold
- APR 9** ● Push-ups for 73 seconds for kids, 73 push ups for adults
- APR 10** ● Shabbat Family Field Day and/or Krav Maga @ the Merfish
- APR 11** ● Family Yoga @ the Merfish
- APR 12** ● Tricep dips with chair for 73 seconds
- APR 13** ● 73 Jumping jacks
- APR 14** ● 73 seconds of burpees for kids, 73 burpees for adults
- APR 15** ● Dance off with Israeli music!



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