

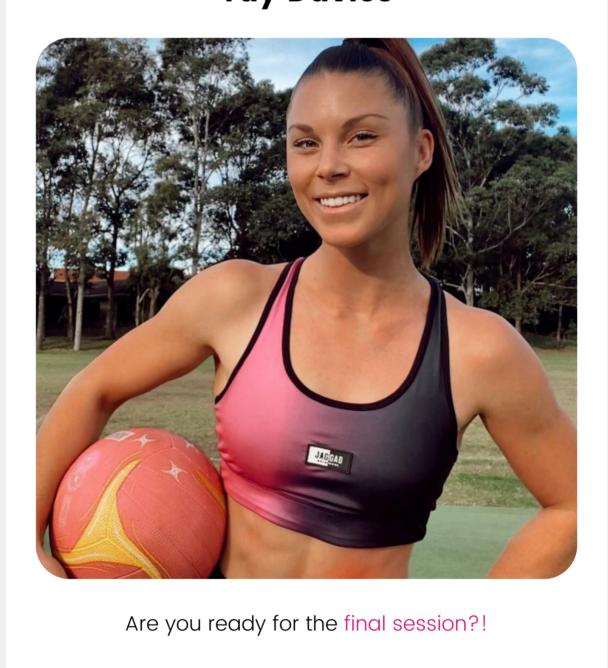
NETFIT X IPSHA

SCHOOL V SCHOOL Back to sport online program



Your Coach

Tay Davies



Rally your friends from your school and bring your A-game because it's our final session!

On Saturday I have a fun grand final themed workout so get ready to finish with a lot of fun and give it our

Make sure you wear your favourite party shirt to gain extra points and embrace this weeks theme!

best!

WEEK 5

THE LINK

Zoom Link 10am Saturday 20th

Click ▶

Meeting ID: 868 6935 5177 Passcode: 222943

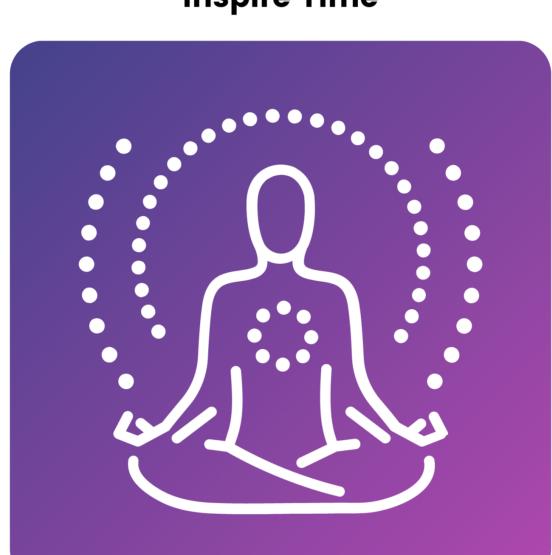
WHAT YOU NEED:

Drink bottle, sweat towel and a ball

What to wear?

THEME Party time! Dress up for the occasion

Inspire Time



Our final inspire time will be a 10min yoga session as

Yoga & Recovery

Tay talks about how she likes to wind down and recover her body and mind. Set up a nice quiet space, grab a towel and get ready to feel amazing at the end.

How to WIN 50 points

Enable video

10 POINTS

and smile for the camera

10 POINTS

Complete the poll at the 1/2 time drink break

10 POINTS

Complete the workout, start to finish

10 POINTS

Set your name as your School name & your name

10 POINTS

Wear your favourite party shirt!

Tay's quote of the week

"DO SOMETHING TODAY THAT **YOUR FUTURE SELF** WILL THANK YOU FOR."

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