Pinnacle YL

## 80’s Workout Club

### 1 Songs (Drew, Sean,)

Lets start outside with club and then go inside at announcement time…

### Mixer: Zumba group workout (Natalie as main organizer, Dana, Grace, Paige)

Start outside (with a speaker and music). Natalie will be the main organizer of a Zumba workout time. Each person will add their own special splash or signature move to the Zumba.

Supplies: Workout music, crazy workout leader outfits

### 2 Songs (Drew, Sean)

### Participation Fitness Competition (Kendra)

Pick 16 people and have a pushup contest.

With the top 8 people have a sit up contest.

With the top 4 people have a air squat contest.

Then with the top 2 people have a wall-sit contest inside… First one to quit loses. (Keep going on with club as they do the wall sit).

Supplies: Workout music, crazy workout leader outfit

### Leader Skit: Super flexibility contest (Danny, Wil, Ashley, Krista)

Danny and Wil are already inside prepared in their “flexible” character. After everyone comes in to the club room, Ashley and Krista come in like they entered a gym or pilates class on flexibility. Danny/Wil lead them through simple and then more and more advanced stretches. The girls have a harder and harder time and start complaining. Eventually they see the trick and pull Danny/Wil apart, then the girls leave. Danny and Wil then say “I guess they won’t believe this then” (and one has one of those fake Halloween arms or hands off).

### Announcements (Jackie, Andrew)

* New kids
* Tuesday Campaigners co-ed, 7PM @ McGevers
* Camp is Nov 18-20
* Halloween next week, meet at In-N-Out at 8:30PM in your outfits!
* Invited to the Stulls! (Dana announce)
* Following week, Chipotle club!
* Wear your YL gear to school and club every Monday.

### 2 Songs (Drew, Sean)

### Club Talk – Person of Christ – John 7 (Sean)