**Fitness Friday Week 1 Chill Out**

Tonight we launch our brand new Fitness Friday series for the first term of 2017.

Welcome to regulars and newcomers. If this is your first time at youth, please come to the front.

Term 1 Preview: We have an exciting line up of events this term - starting with a Cross Fit night next Friday night.

On Sundays we are presenting the Workout Series where we will be exploring spiritual disciplines that will help us get fit spiritually!

Tonight is Chill Out night - before you get to hang out we have an activity and a surprise!

Speed Relating - form two concentric circles - make sure you are standing opposite someone. You will answer a question and then the inner circle will move to their right before you answer the next question and so on...

What was your best holiday experience?

What was your worst holiday experience?

What was the best thing you ate?

What was the best movie you watched?

Who did you hang out with?

What one thing do you want to be better at this year?

What sport or extra-mural are you excited about doing this year?

What passion or hobby do you want to pursue this year?

If you could change one thing about your life, what would it be?

What would you be willing to die for?

Do you want some ice cream?

Ice Cream and Oreos are served - enjoy the rest of the night as you chill out.

Next Friday is our Cross Fit night - come dressed for the gym!

Refreshments are served.