



**DUBAI FITNESS CHALLENGE 30 x 30**  
**(FS to Year10)**



Dear Parents,

Greetings from **The Apple International Community School!**

We are delighted to announce the return of the Dubai Fitness Challenge (DFC) 2025 - a bigger, better and more exciting edition than ever before! Because this year's challenge goes beyond a short-term activity. It aims to inspire our community to embrace a healthier lifestyle by transforming fitness into a lasting daily habit.

The Apple International Community School is once again proud to participate in this city-wide movement. Our students will engage in a variety of activities designed to inspire them to get moving, stay active and embrace the joy of living a healthy lifestyle. Details about the scheduled activities and events are shared below.

This year, we are excited to introduce a new element to the challenge: for the very first time, **we are extending an invitation to our parent community to join us on this journey to better health.** We believe that fitness is for everyone, and involving our families will not only strengthen our school spirit but also set a powerful example for our children.

We would have many activities in school like **Zumba, Tabata, Fitness, Aerobic sessions** including a **Walkathon on 15<sup>th</sup> November 2025 from 7:30 am to 8:30 am for Parents, Teachers & Students at Zabeel Park, Al Karama.** All are encouraged to join the fitness challenge and be a guide to the young generation.

Let's make this year's Dubai Fitness challenge a memorable experience by participating with enthusiasm and determination. By embracing the DFC, we are taking a step toward a healthier future.

Kind Regards,

*Pretty Khosla*  
Pretty Khosla  
Principal

