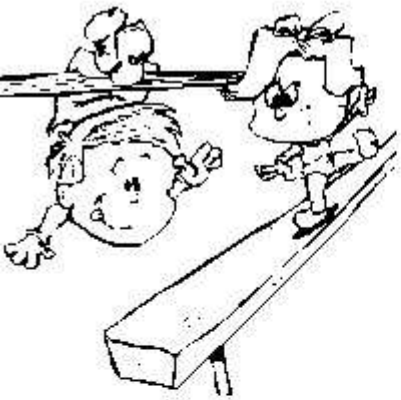


Gym-Fit

A fun fitness program for Kids

We are gearing this program towards the kids 5 years to 10 year old who wish to have fun and get into better fitness. These kids may not want so much of the gymnastics, but love the activities in the gym.



Classes will include:

some gymnastics

Cardio workouts

Challenge stations

obstical cources

Fitness games

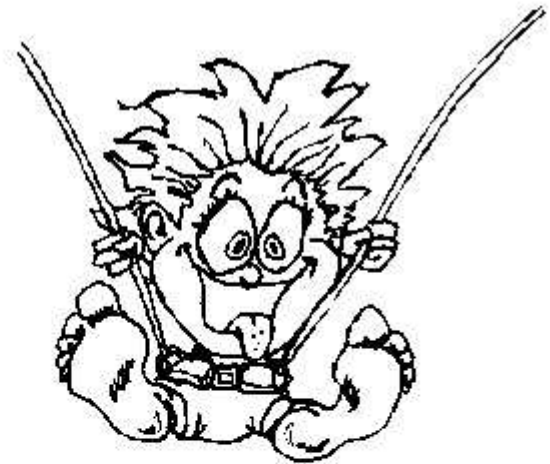
Trampoline

swinging on the bars

climbing ropes

running and stretching

And bungee too



Cost is the same as regular classes, but you recieve a 25% discount if you are in a class or on team and sign-up for gym fit.



These classes will also recieve trophy at the end of summer (as do all students in our program).

Times for classes:

Monday 5:00-6:00 with Frankie

Tuesday 12:15-1:15 with Cindy

Tuesday 7:30-8:30 with Frankie

Thursday 1:00-2:00 with Kelsey

