



Have Fun with Fitness



Whether preparing for sports or general movement, this fun-plus-fitness club introduces exercise and conditioning in a cool, fast-paced environment. Among the many techniques to be taught, students will learn the proper way to sit right for a sit-up, bend it for a box jump and lateral lunge with accuracy.

Kids will engage week to week in high-energy circuit activities, agility drills, fitness games, dynamic stretching, obstacle courses and more while learning the benefit of the PopFit Fab Five: **Cardio**, **Strength**, **Flexibility**, **Endurance**, and **Balance**. The program also features nutritional education!



Where:

Mason Prep

When:

PopFit FUNctional Fitness: Tuesdays, 3:20pm-4:20PM, **Grades 1-2**

PopFit FUNctional Fitness: Wednesdays, 3:20pm-4:20PM, **Grades 3-5**



For more information contact Simon at
simon@popfitkids.com or call **203.921.8063**

SEE REVERSE SIDE FOR REGISTRATION INFO.





Kids' health is more important than ever and this **FUNctional Fitness Club** combines physical activity with lots of fun.

Jump, Jack and Jog through an energizing fitness event complete with cool tunes and a festive feel sure to keep everyone on their feet!

Classes:

1st-2nd Grade — Tuesday | 3:20PM-4:20PM

3rd-5th Grade — Wednesday | 3:20PM-4:20PM

Cost:

\$130/8 Week Session

**Please make checks payable to PopFit Kids

Student Name _____

Grade _____

Parent Name _____

Cell _____

Email _____

The fundamentals of fitness are developed as children work toward increasing muscle coordination, improving motor planning skills, and engaging in total body awareness.

Through energizing circuits, dynamic drills, good-for-you games and more...PopFit Adventure will hit on the **Fit Five: Cardio, Strength, Flexibility, Endurance & Balance!**

Questions?

Contact Simon at simon@popfitkids.com or call **203.921.8063**