

## **KIDS-B-FIT**

WHERE FITNESS AND FUN COME TOGETHER!



### **MEGA-Blast Class:**

*MEGA-Blast class is a fun energy packed fitness class designed for kids and teens! The class is lead at a steady, but energetic pace, interspersed with punching, jumping, movin' and groovin'. Classes use trampolines and foam pits that make working out fun. The MEGA-Blast class is taught in an environment that is not competitive nor judgmental. Achievement goals will be set with each student. Children will learn that a healthy lifestyle is a fun lifestyle!*

### **KIDS BOOT CAMP:**

*Boot Camp is an advanced, by invitation only, fitness program which is tailored to the needs of the child. Powerful, short burst high intensity workouts will leave kids of any fitness level feeling accomplished. Obstacle courses, circuits, partner and team activities will be incorporated into the full body workouts. Discipline and hard work, mixed with fun and sweat will help each child achieve their goals. Each child will receive their "dog tags" upon successful completion of the program. Children will learn that a healthy lifestyle is a fun lifestyle!*

### **KICKNASTICS:**

*Kicknastics is a fitness class for kids and teens that involves cardiovascular exercise, gymnastics and flexibility. Children will be introduced to basic cardiovascular movements using kicking and punching movements, easy to understand flexibility exercises, as well as an introduction to basic gymnastic skills. Children will learn that a healthy lifestyle is a fun lifestyle!*

**All** classes include nutritional guidelines to educate the parents and the children on healthy eating habits!

