

**KIDS-B-FIT**

- MEGA-Blast classes for Kids
- Kicknastics For Kids
- Summer Athletic Development Camps

***KIDS-B-FIT** is a fun energy packed fitness program designed for kids and teens!*

**KIDS-B-FIT** creates a workout environment that is not competitive or judgmental.

**KIDS-B-FIT** is a program designed by Certified personal trainer Cynthia Kenna.

**KIDS-B-FIT** personal trainer Cynthia Kenna leads the classes at a steady, but energetic pace, interspersed with punching, jumping, movin' and groovin'!

**KIDS-B-FIT** workouts use trampolines and foam pits that make working out fun!



**KIDS-B-FIT** will stress healthy eating habits with the children and parents.

**KIDS-B-FIT** will teach that exercise and nutrition are a way of life.

**KIDS-B-FIT** instructors will set weekly achievement goals with each student.

**KIDS-B-FIT** will help your child to achieve better physical shape.

**KIDS-B-FIT ....Its fitness and fun brought together!**

**Enroll now!**

**Call us! 248-344-9344**

**KIDS-B-FIT CLASSES:**

MEGA-Blast:

5:00-6:00pm	Monday	Wednesday
10:30-11:30	Saturday	

Kicknastics:

9:30-10:30am	Saturday
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Boot Camp: Invitation only advanced program

Athletic Development Camp:

July 26-29, 2010 9:00am-12:00pm

**KIDS-B-FIT** Annual Membership Fee:

\$40 (waived if enrolled in another program)

**KIDS-B-FIT** Tuition:

MEGA-Blast Class:	\$40/60month
Kicknastics:	\$73/month

**KIDS LOVE IT!  
SIGN UP TODAY!**

**PARENTS...**Please make sure your child brings a water bottle and small towel to class!