



# FIT

# KIDS



**COST**  
**\$75**



**30:20:10 KIDS FITNESS CLASS**

**30 MINUTES OF STRENGTH, 20 MINUTES OF CARDIO, 10 MINUTES OF YOGA**

**JANUARY 16 - MARCH 16, 2017. MONDAY'S FOR 1ST - 4TH GRADE AND THURSDAYS FOR 5TH - 8TH GRADE**

**FATHER HERBERT HALL | 4:15PM - 5:15PM**

**COMMIT TO BE FIT! TRAIN WITH ME FOR IMPROVED PERFORMANCE, ENDURANCE, COORDINATION, BALANCE AND FLEXIBILITY!**

**AUDREY HINDS - 804-908-8255**