

# AFTER SCHOOL FITNESS

## GRAB YOUR FRIENDS AND GET FIT!

Join our 6-week after school fitness program and dance, cheer and exercise with us. It's the most after school fun around!

*Open to K-6th grade boys and girls*

WHERE:

WHEN:

FEE: *per six week session*

TO REGISTER:

YOUR TEACHERS:

### CLASSES

**ACTIVE ALL STARS: GENERAL FITNESS** – This class is designed to help develop strength, flexibility and endurance through cardio and muscle exercises. Strengthening core muscles improves balance, coordination and encourages a healthy and fit lifestyle.

**ALL THE RIGHT MOVES: BASIC DANCE** – This class offers a series of fun dance activities and introductions to different styles of dance. Dancing helps students get active, stay energized and be healthy.

**ALL THE RIGHT MOVES: BASIC CHEER** – This class is designed to introduce the student athlete to the basics of cheerleading skills such as motions, jumps, splits, front and back rolls, headstands, handstands and bridges. They'll be learning the fundamentals of cheerleading in a low risk and fun environment!