



## KIDZFITT

### Summer Fitness Classes

"Group Fitness Classes" instructed and designed by our fitness professionals that are just for kidz! So lets get healthy and have some fun this summer!

**Classes run through the summer from  
June 15th - Aug. 21st**

#### **8-10yrs**

Tues. 10:15 - 11:00a.m

or

Mon. 7:30 - 8:15p.m.

#### **11-15yrs.**

Thurs. 10:15 - 11:00a.m

or

Wed.  **BODYPUMP**

7:30 - 8:15p.m.

#### **8-10 yrs. old**

We'll have fun with fitness through a variety of organized games, relays, and partner drills that will focus on building muscular strength and expanding your child's cardiovascular endurance. Improving flexibility, eye/ hand coordination, and balance will also be a key component. They'll be having so much fun they won't even realize that they are exercising!

#### **11-15 yrs. old**

Athletic skills, strength, agility, cardio endurance, and speed will be the primary focus. Class will include circuits, boot camp style training, strength training and sports drills. This class can be used as a summer training tool to prepare your child for fall sports or just to help them get in better shape. BodyPump for Kidz is our newest program this summer that we are adding for our KidzFITT program. We will teach the participants how to perform each exercise and movement properly and safely. Parents are welcome to attend this class with their child.

**\*\*Membership is not necessary!\*\***

KidzFITT punch cards are available to purchase for

10 visits = \$80.00

15 visits = \$120.00

Please contact:

Dori Nugent at Valhalla Health & Fitness Club

for more details

# 610-779-6006

4970 DeMoss Rd., Reading, Pa. 19606

Let us help you teach your kidz about the importance of a healthy and active lifestyle.