



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 28th - Aug. 20th**

4 Fun Classes To Choose From:

- Monday @ 7:30p.m.-BootCamp 4Kidz
- Wednesday @ 10:45a.m.-Sports and Agility Training
 - Wednesday @ 7:30p.m.- Hip Hop Dance
- Thursday @ 10:15a.m.- Fitness through Games

Monday BootCamp 4Kidz- Journey through a series of fitness stations that include both strength training and cardio conditioning. Each station will be thoroughly previewed by the instructor in the beginning of the class and then the participants will visit each station for one to two minutes until switching to the next station in cue. Great class to help gain fitness strength and endurance!

Wednesday Sports and Agility Training- Do you play sports and want to keep training? Are you looking to get that competitive edge? Come in and work out with one of our trainers as he/she takes you through a series of exercises to help you gain speed, strength and endurance. Agility ladders, cone drills, and plyo-metric drills will help you train like a pro!

Wednesday Hip Hop Dance- Not into sports, but you love to dance...then come in and try our kid friendly hip hop class designed just for kidz! No dance experience necessary; just a fun time to dance along to some of your favorite songs and learn some of the hippest moves in town! Simple to follow dance steps that will get your feet moving and your heart rate up!

Thursday Exercise Through Games- This is a perfect class for younger children that just want to have fun and play a variety of games that are exercise related. Games will include our version of Dodge ball, Frisbee tag, Sharks and minnows and many more. Why not make exercise fun!

**All classes are 45 minutes

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

Classes are open to all children 8-15years old

KidzFITT punch cards are available to purchase for

Single visit = \$8.00

10 visits = \$70.00

15 visits = \$90.00

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.