

Homeschool FIT KIDS



Every Tuesday

1:00-1:30 pm

Ages 5-12 \$5/child

Join Coach Kelsey for a 30 min Strength and Endurance Class that will help you build muscle and strong lungs to prepare you for any sport. This circuit-based class will be packed full of non-stop moving and leave you wanting MORE!

Please bring a water bottle & tennis shoes

Then stay for Homeschool Open Gym

1:30-2:30pm

ages 3-12 \$7/child

**FOR MORE INFORMATION
AND TO SIGN UP CALL US AT
515-963-0215**

