

EVERYBODYS KIDS FITNESS

WHERE EVERYBODYS A STAR!

**JOIN US FOR OUR KIDS
DEMO CLASSES!**

**SATURDAY MARCH 13TH
10:00AM-12:00PM**

8 WEEK PROGRAM, 1 OR 2 CLASSES A WEEK

WWW.EFCFIT.COM/KIDS.HTML

REGISTER ONLINE

AND RECEIVE A FREE TEE SHIRT!

ASK ABOUT OUR NEW REFERRAL PLAN!!



NEW KIDS PROGRAMS:

KIDS TUMBLE: A FUN CLASS TEACHING THE BASICS OF MOTOR FUNCTIONS AND BALANCE BASED EXERCISES. AGES 3-4

KIDS FIT CAMP: A FITNESS BASED CLASS TO GET YOUR KIDS MOVING! LEARN ABOUT FITNESS AND HOW TO STAY ACTIVE AT A YOUNG AGE. AGES 5-9

KIDS CARDIO BOXING: FROM BALANCE AND JUMPING EXERCISES TO THE BASICS OF BOXING, KIDS CARDIO BOXING IS AN EXCITING WAY TO GET FIT ALL WHILE HAVING FUN! AGES 10-14

ONCE A WEEK: MEMBERS \$79 -NON-MEMBERS \$99

TWICE A WEEK: MEMBERS \$149-NON-MEMBERS \$189