

# **Kid's Fitness**

## **At Monticello Academy (2020-21)**

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**Begins: Tuesday, September 15 2020**

### **Session 1**

**Time: 3:30pm - 4:15pm**

**Grades: K-1st**

**Session Fee: \$205**

**Instructor: Michele K.**

### **Session 2**

**Time: 4:15pm - 5:00pm**

**Grades: 2nd-5th**

**Session Fee: \$205**

**Instructor: Michele K.**

#### **\*Session Dates:**

**Sept 15, 22, 29 / Oct 6, 13, 20, 27 / Nov 3, 10, 17 / Dec 1, 8, 15**

**13 Sessions**

### **Benefits of Exercise**

- **Maintain progress towards attaining optimal health**
- **Improves coordination, flexibility, cardiorespiratory health**
- **Helps fight off viruses**
- **Strengthens muscles, bones, heart**
- **Increases concentration and focus**
- **Boosts mood and positively affects mental and emotional health**

### **Class Expectations**

- **Full body exercises consisting of strength training, muscle building, cardio, rhythmic movement, and stretching**
- **Warm up, followed by dynamic exercises which will be different every week ending with a cooldown**
- **Upbeat music to move to**
- **Fun and positive energy**

### **Contact to Enroll**

**Phone: (408) 230-1009**

**Email: [michele.a.king@gmail.com](mailto:michele.a.king@gmail.com)**

**Paypal: [paypal.me/micheleangela](https://paypal.me/micheleangela)**

**Venmo: @Michele-A-King**

**\*Zoom Link will be provided**

**10-Day cancellation policy for full refund**