

KIDS FITNESS, AGILITY AND SPORTS SKILLS CLASSES



**CLASSES AT
BETHANY
ELEMENTARY
SCHOOL**

KEY INFORMATION

- Classes every Thursday afterschool
- Small class size
- Fitness and agility exercises
- Coordination
- Flexibility and strength
- Basic ball skills of the major sports
- Improve cardiovascular fitness
- Classes at Bethany school
- \$65 per month
- Classes 45 min long
- Bookings essential
- Starts September

**Kinder to 3rd
Grade**



QUESTIONS: 562 619 5858

REGISTER AT WWW.FITNESSFORALLTRAINING.COM