

Spring 2020

Archer Glen After School Classes

## **DANCE FIT CLASS**

**GRADES K-3 | THURSDAYS, 4/9-6/4 | 2:20-3:20**

**7 CLASSES (NO CLASS 4/23 OR 5/7)**

- Energetic, rhythmic movement to up-tempo music
- Kid friendly routines
- Dance games
- Hula hoop and jump rope
- Imaginary adventures
- Makes fitness FUN
- Builds confidence, coordination and creativity
- Taught by experienced coaches and Certified Athletic Trainers
- All skill levels welcomed



**For MORE INFO and to REGISTER online:**

**[sports.bluesombrero.com/hardcorefitness](https://sports.bluesombrero.com/hardcorefitness)**

Cost: \$100

**\*\*Register by 3/29 to save \$10**

Questions? [Hardcorefitness.llc@gmail.com](mailto:Hardcorefitness.llc@gmail.com)

