

Fall 2019

Middleton After School Classes

DANCE FIT CLASS

GRADES K-3 | THURSDAYS, 10/3-12/5 | 2:20-3:20

(NO CLASS 10/24 OR 11/28)

- 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

Cost: \$115

****Register by 9/23 to save \$10**

Questions? Hardcorefitness.llc@gmail.com

