

Tween Cize™

Dance Fitness Class for kids ages 8-12 SUMMER SESSION



**THURSDAYS, JULY 5TH- -AUGUST 16th
10:00-10:45AM**

Calling all kids who want to have fun and get fit while learning basic dance choreography designed by Beach Body's fitness expert, Shawn T (P90X, Insanity, Hip Hop Abs). The simple teaching method used in Cize™ allows kids of **all fitness levels and abilities** to master each dance so they will feel confident while having a blast! This class fills up fast so register today at

www.CoreFitnessGroupTraining.com

6 Week Program: \$50.00

★ SPECIAL PARENT/GUARDIAN DISCOUNT ★

Parents/guardians workout at the same time as your child in our 10:00am Group Strength Class: 6 Classes for just \$75.00 (regular drop in rate: \$20.00)

