

KIDS FITNESS MADE FUN

www.KidsFitnessMadeFun.com



Kids Fitness Made Fun is a high-energy, fun filled exercise class for kids. Kids Fitness Made Fun is run out of the Frisco Athletic Center and strives to increase the overall health and fitness level of children in a fun, safe, positive, and motivating environment by utilizing obstacle courses, fitness games, partner activities, body weight exercises, resistance bands, fun circuits and more.

Benefits of KFMF:

- Increase overall Strength, Endurance & Flexibility
- Better Coordination & Balance
- Help to Strengthen Athletic Skills needed for any sport
- Create a “Life-Long” positive attitude towards fitness
- Increase Spatial & Body Awareness
- Weight Loss
- Increase Speed & Agility
- Improve Self Esteem

Session #1 8/30-9/22 (no class Labor Day)

Session #2 9/27-10/20

Session #3 10/25-11/17

Session #4 11/29-12/22

For more detailed information go to www.kidsFitnessMadeFun.com or contact Mark Bowlby at 214-406-8480 Email questions to: mark@kidsfitnessmadefun.com

All Classes

Ages 6-9 M & W 4:15-5:15

Ages 10-13 M & W 5:15-6:15

For once /week class please contact Mark for details, cost, & sign-up procedure.

Cost: \$97.00

To register, please go to www.FriscoFun.org or directly to FAC Member Services Desk

