

# KIDS FITNESS MADE FUN

Is your child getting enough physical activity?

[www.KidsFitnessMadeFun.com](http://www.KidsFitnessMadeFun.com)

## Session #1

Aug 31<sup>st</sup>-Sept 23<sup>rd</sup>

No classes Labor Day)

## Session #2

Sept 28<sup>th</sup>- Oct 21<sup>st</sup>

## Session #3

Oct 26<sup>th</sup>- Nov 18<sup>th</sup>

## Session #4

Nov 30<sup>th</sup>- Dec 23<sup>rd</sup>

## All Classes

Mondays and Wednesdays

Ages 6-10 4:15-5:15pm

Ages 10-13 5:15-6:15pm

Cost: \$110

Sign-up for class at any time within session. FAC will prorate for any missed classes!



**K**ids 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, circuits and more. It's no secret that kids are spending more time watching television and playing video games. Due to children's decrease in activity, the rate of child obesity has tripled in the last 30 years leading to dramatic increases in many long term health problems.

The mission of Kids Fitness Made Fun is to create an atmosphere where children enjoy getting fit. Through many years of trial and error, instructor Mark Bowlby has created a program that any child will enjoy. Having an understanding of what kids consider fun, Mark has incorporated his extensive knowledge of fitness and over 16 years of coaching and leadership as an owner of multiple gymnastics schools to create a class that will get your child's heart pumping and body moving.

The reason I like Kids Fitness Made Fun is that our class is different every time we go. Sometimes I don't feel like exercising, but our coach makes it fun. Trust me on this after your first class you will want to come back. My personal favorite is at the end of the class, not because I want to go home but because there is a fun game at the end. I guess what I am trying to say is fitness is important and Kids Fitness Made Fun is the place to make it happen.

*Talita Middleton*

## Who is Kids Fitness Made Fun For?

*Children who need to be more active | Children who watch too much TV | Children that need to lose weight | Children who want to improve overall fitness for another sport | Children who do not like organized sports | Anyone looking to improve strength, flexibility, endurance, coordination, and balance | Kids who want to have fun!!*

## What are the Benefits of Kids Fitness Made Fun?

- Stronger bones and joints
- A decrease in body fat
- More energy
- A greater ability to handle stress
- Opportunity to make new friends
- Better concentration at school
- Greater social acceptance by physically active peers
- Learn correct technique and exercise form

To register, please contact the Frisco Athletic Center at 972-292-6600.

You can now register online at [www.friscofun.org](http://www.friscofun.org)

# Attention

To learn more about Kids Fitness Made Fun check out our website at:

[www.KidsFitnessMadeFun.com](http://www.KidsFitnessMadeFun.com)

You will find valuable information about the class, instructor, videos, and pictures of our kids hard at work.

PLUS.....

You will receive a FREE E-book on creating fun, colorful, and creative recipes your children will love!

Just go to:

[www.KidsFitnessMadeFun.com](http://www.KidsFitnessMadeFun.com) to instantly download your absolutely FREE E-book **NOW!**

