



**Come Join Us for a New Session at Monarch Grove Elementary
K-3rd Grade**



THIS CLASS FOCUSES ON MASTERING GROSS MOTOR AND FITNESS SKILLS. ENDURANCE AND GROSS MOTOR SKILLS ARE INCREASED THROUGH A SERIES OF EXCITING AND DYNAMIC ACTIVITIES. AS WE FOCUS ON SPECIFIC MUSCLE GROUPS, UTILIZE MULTI-STATION CIRCUIT-TRAINING COURSES, AND ADD FUN NUTRITIONAL TIPS, OUR GOAL IN THIS PROGRAM IS TO INSTILL HEALTH AND FITNESS AS A HEALTHY LIFESTYLE.

CLASS MEETS MONDAY'S 3:00-3:45

Session 1 1/22, 1/29, 2/5, 2/26 \$35.00

Session 2 3/12, 3/19 4/9, 4/16, 4/23, 4/30 \$50.00

Session 3 5/7, 5/14, 5/21, 6/4 \$35.00

Buy all 3 Sessions Up Front and Receive \$10.00 Off

**SPOTS ARE LIMITED! TO REGISTER COMPLETE THIS FORM BELOW &
RETURN TO YOUR SCHOOL'S OFFICE.
CLASS MEETS ON THE BLACK TOP**

PARENT'S NAME: _____

CHILD'S NAME: _____

DOB: _____ SESSION/S ENROLLING FOR PLEASE CIRCLE 1 2 3

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ PHONE: _____

EMAIL: _____

EMERGENCY CONTACT NUMBER: _____

**For More Class Details
Contact Us at 805-651-8149
www.calikidsfitness.com**