



**MAYOR ZAVIER GARCIA AND COUNCIL
AND THE RECREATION DEPARTMENT PRESENT**



GET FIT PROGRAM



A TWICE-WEEKLY PROGRAM WITH HIGHLY-EXPERIENCED COACHES / TRAINERS, TRAINING ATHLETES FOR TOP-NOTCH STRENGTH, FLEXIBILITY, SPEED, BALANCE, CARDIOVASCULAR AND RESPIRATORY ENDURANCE, CONDITIONING AND COORDINATION DESIGNED TO HELP KIDS REACH PEAK FITNESS AND PERFORMANCE!

**FOR ALL KIDS AND ALL FITNESS BACKGROUNDS
AGES 11–15**

**LIMIT: ONLY 10 KIDS PER SESSION
DON'T MISS OUT!**

TUESDAYS AND THURSDAYS 6:15 P.M. – 7:15 P.M.

**ONE NUTRITIONAL LECTURE / FUN FIELD TRIP ACTIVITY PER MONTH
ON A SATURDAY MORNING**

PROGRAM STARTS TUESDAY, SEPT. 9TH AT THE COMMUNITY CENTER

ACTIVITY FEE : \$50 PER MONTH (8 CLASSES)

**FOR REGISTRATION OR MORE INFORMATION
CALL THE RECREATION DEPARTMENT AT 305.805.5075**

