



**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 9 – 15**

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

**2015 PROGRAM BEGINS TUESDAY, SEPTEMBER 15TH**

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

**ACTIVITY FEE : \$50 PER MONTH (8 SESSIONS)**

**REGISTRATION OPENS MONDAY, AUGUST 31ST**

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

