

K-
4TH

LCCDS

ELEMENTARY

FITNESS CLUB

TUESDAYS

3:15- 4:15

Pick up In carline!

Sept. 6, 13, 20, 27

Oct. 4, 11, 18, 25

Nov. 1, 8, 15, 29

JOIN
NOW

COME EXPLORE EVERYTHING FITNESS WITH MRS. BALL AND MS. HONSINGER

Each week we will dive into a different type of exercise. Our learning focus will be new vocabulary, including, teamwork, respect, communication, and sportsmanship through routines, training, and games.

WE ARE SO EXCITED TO PUMP YOU UP!!!

- **Week 1:** cardio endurance (ie. aerobics, zumba, HITT, kickboxing)
- **Week 2:** strength training and games (ie. fitness challenge, capture the flag)
- **Week 3:** balance/ coordination (ie. agility exercises, freeze dance, sneaky statues)
- **Week 4:** flexibility (ie. yoga, resistance training)

Cost: \$240
for all 12 sessions

Contact Mrs. Ball & Ms. Honsinger to sign-up

mball@lccdayschool.com

khonsinger@lccdayschool.com

