

STONECOLDANNIE Fitness

FIT KIDS AFTER-SCHOOL PROGRAM

WHAT? A fitness class for kids in first and second grade

WHERE? Avon East Elementary

WHEN? Fridays: December 1st, 8th, & 15th at 4:15-5:00

How much? \$30 dollars for all three sessions

LIMITED TO 12 KIDS

I AM AN INTERVENTION SPECIALIST AT AVON EAST ELEMENTARY. I AM ALSO A CERTIFIED PERSONAL TRAINER (CPT) THRU THE NATIONAL ASSOCIATION OF SPORTS MEDICINE (NASM).

IF YOU HAVE ANY QUESTIONS ABOUT THE CLASSES PLEASE CALL ME AT 440-785-9883 OR

EMAIL ME AT STONECOLDANNIEFITNESS@GMAIL.COM

