

EMPOWER

fit club

WHERE ALL KIDS ARE ATHLETES

What is it?

Revolutionary Fitness Program

Athletic Conditioning • Kickboxing • Yoga •
Inspiration • Motivation • Teamwork

Grades: 2nd-5th

Details

When: Tuesdays Jan 16, 23, 30 / Feb 6, 13, 27

Time: 2:45 p.m. – 3:45 p.m.

Where: Twelve Bridges Elementary (Portable 313)

Bring: Water, Snack (Wear athletic shoes)

Cost: \$99 for 6 week session

Meet Your Coaches

Kate Kobrow Hernandez

- Reebok Sponsored Athlete
- Trainer of Trainers
- Studio Owner

Amy Perkins

- 23 years experience teaching students & coaching teachers
- Educational Consultant

YES my child would love to attend Empower Fit Club!

Child's Name: _____ Grade: _____

Teacher Name: _____

Parent Name: _____

Email: _____ Phone Number: _____

Make checks payable to "The Group Effect". Turn in check and form at front office.

Questions?

Contact Amy (916) 835-1836 / empowerfitclub@gmail.com

WWW.EMPOWERFITCLUB.COM