



FUNKIT²IONAL FITNESS™

YouthFit at STLC for K-7th

PROGRAM HIGHLIGHTS:

- **SPEED**
- **POWER**
- **STRENGTH**
- **FLEXIBILITY**
- **INJURY PREVENTION**
- **NUTRITION EDUCATION**
- **BALANCE**
- **TEAM BUILDING SKILLS**
- **SNACK TIME**
- **AT HOME EXERCISES**
- **AND OF COURSE FUN!**
- **ALL INSTRUCTED BY CERTIFIED FITNESS COACHES**

During this energy packed, sports type conditioning program your child will be running through speed ladders, performing agility drills around cones, and working on different movement skills to gain more confidence and team working skills while having fun and becoming more physically fit.

HALF DAY SCHEDULE

FunkFit and San Tan Learning Center have teamed up for an exciting after-school program on March 28th for anyone who is looking for a fun and educational half-day program. **Girls and Boys are Welcome!**

**The program will run from 12pm to 3:30pm on
Wednesday, March 28th.**

Only \$49

**Register TODAY at San Tan Learning Center
or Call 480-503-2307 for more info
HURRY, limited spots available!**

www.funkfitness.com