



**Get strong! Get fit!
Have fun!**

Champions in Motion

Champions in Motion is the perfect opportunity for children ages 8 - 12 to enjoy summer vacation while learning about the importance of good health and nutrition.

Three exciting programs:

<p>CIM Fitness & Nutrition Club</p> <p>CIM Fitness & Nutrition club is jam packed with fun games, adventure activities, exercise routine, fun stuff about nutrition and so much more.</p>	<p>CIM Fitness Club</p> <p>CIM Fitness club is jam packed with fun games, adventure activities and exercise routines with out the nutrition component.</p>	<p>CIM Walking Club</p> <p>CIM Walking Club provides a great way to get in some exercise while making friends, earning mileage tokens, and enjoying weekly challenges.</p>
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Youth will learn how to:

- ◆ Make healthy food and drink choices
- ◆ Improve aerobic and muscular fitness
- ◆ Increase daily activity
- ◆ Reduce stress and increase flexibility
- ◆ Make the right choices to live a healthy, long life.

This summer your child will:

- ◆ Participate in fun-filled, fitness based, activities
- ◆ Receive age appropriate nutrition and health information
- ◆ Take home materials including fitness information, snack ideas, exercise tips, and more!

Program Details

Glenwood Public School

Wednesday & Friday

Session 1: July 8 - 31

Session 2: August 5 - 28

Fitness & Nutrition Club 10:00 – 11:30 am

Fitness Club Only 10:00 – 11:00am

Walking Club 1:00 – 1:45 pm

Roseville Public School

Tuesday & Thursday

Session 1: July 7 - 30

Session 2: August 4 - 27

Fitness & Nutrition Club 10:00 – 11:30 am

Fitness Club 10:00 – 11:00am

Walking Club 1:00 – 1:45 pm

Fees

Fitness & Nutrition Club \$95 per Session

Fitness Club Only \$75 per Session

Walking Club \$55 per Session

**ALL WHILE HAVING
FUN AND BOOSTING
SELF-CONFIDENCE**



REGISTER TODAY!

Call 519-969-8989

Or visit us online at:

www.anewyoufitness.com
A New You Personal Fitness Training

Fitness fee is tax deductible under the Children's Fitness Tax Credit