

# ON YOUR MARK YOUTH FITNESS



\*Class will be taught by **Mrs. Attard**



**On Your Mark Youth Fitness** is designed to help children of all ability levels learn to move their bodies in a powerful and dynamic manner. Your child will use modern fitness equipment and age appropriate training techniques in an environment that is both fun and positive.

## **Instruction & Training in the Following Areas:**

*Resistance bands \* BoSu \* Speed/Agility/Quickness \* Plyometrics \* Balance \* Core Strength*

*\*Nutrition \*Sports Skills \* Teamwork \* Goal Setting \**

Location	Dates	Day	Time	Grades	Cost/ (#of classes)	Class ID #
Hamilton	2/27-3/27	Tuesday	4:07-5:10	K-5	\$65 (5)	#7027-18W02

**Classes fill up fast, so *REGISTER* at:**

[www.troyceonline.com](http://www.troyceonline.com)

**or....**

**Call 248-823-5100 for more information**

Check out the **On Your Mark Youth Fitness**  **Page**