

Home School Physical Fitness



Wednesdays
11:00 a.m.-12:30 p.m.

\$10.00 per class
with a monthly commitment

Begins September 2, 2009

Ages 5-12

Teen classes available - Please call.

This class is designed to show kids that exercise is fun and good for you! We will be playing games, exercising, utilizing our gymnastics equipment and more to make this an action packed class. There will also be discussions about nutrition, muscles, and the importance of physical fitness.



We are a vendor for
Connecting Waters and
Visions Charter Schools!



www.impactsportscenter.com

915 Black Diamond Way

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