

MIZFIT

Yo Yo Yoga

High Energy Dance Classes for kids that nourish their minds, bodies & **soles**.

Mondays

2:15-3:15pm at the school

For Students Grades K-5

Requires minimum of 10 participants

To Register & Pay Online

- 1 Go to mizfitinc.com
- 2 Click 'mizfit dance'
- 3 Choose 'registration'
- 4 Scroll to & click on code: AMEY
- 5 Click Mizfit Dance Studio, for more class offerings.

At MIZFIT our goal is to HELP INSTILL THE HABITS OF A HEALTHY LIFESTYLE AT AN EARLY AGE. We aim to change conventional perceptions about fitness-that it can be a chore-and provide children a venue in which they can express themselves freely and individually.

YO YO YOGA is stress management for kids, helping to manage the spectrum of emotions that they experience in their day-to-day activities. Our program incorporates fun music and movement with cardiovascular conditioning, games, and all the traditional elements of Yoga - poses, breathing techniques, environmental awareness and deep relaxation. As with all our programs, this unique approach to yoga is designed to motivate children to exercise and seeks to build their confidence by encouraging self-express and positive body image, social skills and thinking.

MIZFIT, INC. IS A LICENSED AND INSURED FLORIDA CORPORATION
/ Instructors are CPR and First Aid certified

Disclaimer: Mizfit, Inc. is not affiliated with or endorsed by the School Board of Palm Beach County or Addison Mizner Elementary and the events/activities hosted by Mizfit Inc. on Addison Mizner Elementary's premises pursuant to a lease agreement shall not be construed as being conducted, funded, hosted, or sponsored by the School Board or Addison Mizner Elementary on behalf of Mizfit, Inc. The School Board and Addison Mizner Elementary undertake no responsibility for supervising or monitoring Mizfit Inc.'s events/activities and will not be liable for any and all actions of Mizfit Inc. on Addison Mizner Elementary's premises.

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Session 3

Dates

1/29	2/5	2/12	2/26	3/11
4/1	4/8	4/15	4/22	4/29
5/6	5/13	5/20		

\$195 for Whole Session

For questions or other forms of payment, Contact Nicole:

☎ (954) 471-6425

✉ Nicole@MizFitinc.com

For news, updates & videos please follow us at

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