

# MIZFIT

## Hip Hop & Zumba

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

### Wednesdays

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](http://mizfitinc.com)
- 2 Click 'mizfit dance'
- 3 Choose 'registration'
- 4 Scroll to & click on code: AMEZ
- 5 Click Mizfit Dance Academy, our studio for more class offerings.

At MIZFIT we are all about creating a POSITIVE ATTITUDE toward fitness. A misfit goes against the grain and thinks differently. And that's our approach to exercise. We aim to change the conventional perception about fitness - that it's a chore—by making it unique and dynamic! Ultimately, it's about INSTILLING HABITS OF A HEALTHY LIFESTYLE AT AN EARLY AGE.

This enrichment class is EASY, FUN & EFFECTIVE, and kids will have so much fun that they won't even realize they're exercising! The class combines the principles of aerobics with the innovative, international dance styles of Zumba & Hip-Hop. When taken together, they provide a venue for and encourage self-expression, social interaction & multi-cultural understanding. Add in Mizfit's philosophy towards fitness, and kids will be inspired to maintain a healthy body and a positive attitude.

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

### Session 4

#### Dates

4/3

4/17

4/24

5/1

5/8

5/15

5/22

5/29

**\$120** for Session 4

**For questions or other forms of payment, Contact Nicole:**

☎ (954) 471-6425

✉ [Nicole@MizFitinc.com](mailto:Nicole@MizFitinc.com)

*For news, updates & videos please follow us at*

📷 **mizfitinc**

📘 **Mizfit Inc.**

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.

DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY PALM BEACH COUNTY PUBLIC SCHOOLS