

MIZFIT

Hip Hop & Zumba

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: BCZ
- 5 Click Mizfit Dance 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

4/8

4/15

4/22

4/29

5/6

5/13

5/20

\$105 for Session 4

For questions or other forms of payment, Contact Nicole:

☎ (954) 471-6425

✉ Nicole@MizFitinc.com

For news, updates & videos please follow us at

📷 **mizfitinc**

📘 **Mizfit Inc.**

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