

JOIN **MIZFIT** FOR

Pop!!! Ballet & Jazz



THURSDAYS
2:15-3:15pm at
the school

For Students
Grades K-5

Requires minimum
of 10 participants

SIGN UP FOR
SESSION 4 TODAY
FOR ONLY \$99!

SESSION 4:

3/19	4/2	4/9	4/16
4/23	4/30	5/7	5/14

REGISTRATION &
PAYMENT NOW
ONLINE AT

MIZFITINC.COM

WITH CODE DPPB

FOR QUESTIONS OR OTHER FORMS
OF PAYMENT CONTACT NICOLE AT:

(954) 471-6425

or Nicole@mizfitinc.com

FOR NEWS, UPDATES & VIDEOS PLEASE FOLLOW
US AT



Our goal at **MIZFIT** is to **USE DANCE TO HELP INSTILL THE HABITS OF A HEALTHY LIFESTYLE AT AN EARLY AGE.**

We aim to provide children a venue in which they can express themselves freely and individually, and we use **UPBEAT AND RECOGNIZABLE MUSIC** so that kids will have so much fun they won't even realize that they are exercising!

POP BALLET uses ballet movements to develop children's strength, coordination, flexibility and endurance, while simultaneously instilling a sense of discipline and accomplishment.

JAZZ DANCE borrows movements from ballet and places an emphasis on athleticism to showcase a child's individual style and originality as they express themselves with unique moves and fancy footwork.

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

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