

MIZFIT Cheer Dance

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

Thursdays

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: MPC
- 5 Click Mizfit Dance Academy, our studio for more class offerings.

At MIZFIT our goal 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!

CHEER DANCE: This class explodes with high energy choreography taught using the latest Top 40 Pop tunes & dance music. Cheer dance incorporates many of the same elements as cheerleading, and students will learn routines using specific synchronized dance styles such as jazz and hip-hop while incorporating leaps, stunts, turns, and kicks. This class is designed to teach children the basic skills needed to advance in the sport of cheerleading.

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 Morikami Park Elementary and the events/activities hosted by Mizfit, Inc. on Morikami Park Elementary's premises pursuant to a lease agreement shall not be constructed as being conducted, funded, hosted, or sponsored by the School Board or Morikami Park Elementary on behalf of Mizfit, Inc. The School Board and Morikami Park 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 Morikami Park Elementary's premises.

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Session 4

Dates

3/28

4/4

4/11

4/18

4/25

5/2

5/9

5/16

5/23

\$135 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

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