

# MIZFIT

## Pop Ballet & Jazz

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: MPPB
- 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!

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

## Session 4

### Dates

3/27

4/3

4/17

4/24

5/1

5/8

5/15

5/22

**\$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.**

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