

JOIN **MIZFIT** FOR



ZUMBA®

Hip-Hop for Kids



THURSDAYS
4:00-5:00 pm at
the school

For Students
Grades K-5

Requires minimum
of 10 participants

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

SESSION 4:

4/16	4/23	4/30	5/7
5/14	5/21	5/28	

REGISTRATION &
PAYMENT NOW
ONLINE AT

MIZFITINC.COM

WITH CODE NDDEZ

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



MIZFITINC



FACEBOOK.COM/MIZFITINC

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