

# MIZFIT

## Hip Hop & Zumba

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

### Tuesdays

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: SPEZ
- 5 Click Mizfit Dance Academy, our 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

3/26

4/2

4/9

4/16

4/23

4/30

5/7

5/14

5/21

**\$135** 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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