

JOIN **MIZFIT** FOR

ZUMBA[®] Hip-Hop for Kids



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

For Students
Grades K-5

Requires minimum
of 10 participants

SIGN UP FOR
SESSION 4
ONLY \$80!!!

SESSION 4:			
4/8	4/15	4/22	4/29
5/6	5/13		5/20

REGISTRATION &
PAYMENT NOW
ONLINE AT
MIZFITINC.COM
WITH CODE VEZ

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



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

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