

JOIN **MIZFIT** FOR



**ZUMBA®**

**Hip-Hop for Kids**



**WEDNESDAYS**  
**2:15-3:15pm at**  
**the school**

**For Students**  
**Grades K-5**

**Requires minimum**  
**of 10 participants**

**SAVE WITH**  
**\$188 SEMESTER**  
**SAVINGS PACKAGE**  
**OR**  
**\$109 FOR SESSION 1**

SESSION 1:			SESSION 2:			
8/25	9/1	9/8	11/3	11/10	11/17	12/1
9/15	9/22	9/29				
10/6	10/13	10/20	12/8	12/15	12/22	1/12 2022

**REGISTRATION &**  
**PAYMENT NOW**  
**ONLINE AT**

**MIZFITINC.COM**

**WITH CODE QWEZ**

**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**



**f 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