



Energy Fit Kids Club Holiday Hustle

Energy Fit Kids Club is all about positively impacting our children's future! We instill health, fitness and wellness at age appropriate levels! <https://www.facebook.com/EnergyFitKids/>

Join EFK for some **hustling** and **bustling** over this joyous time of year!

Wednesday, November 28th 5:45 to 6:30 p.m. Run Form and Core Work

Friday, November 30th 5:45 to 6:30 p.m. Run Form, Agility, Balance and Conditioning

Monclova Community Center - \$10 per night or \$18 for both days

Culminates with a $\frac{1}{2}$ mile Kids Race! Sunday, December 2nd 5 p.m. Santa's Little Helpers in Sylvania

Race registration is separate and the responsibility of the parent. We will meet at 4:30 p.m. to warm up ☺

Sunday, December 9th 2 p.m. EFK's Christmas 1k on the Wabash-Cannonball Trail off Lose Road. Children will receive Elf or Reindeer Gear to run this festive event Each child will learn how to pace and push to race the 1k distance

Wednesday, December 12th 5:45 to 6:30 p.m. Run Form and Core Work

Friday, December 14th 5:45 to 6:30 p.m. Run Form, Agility, Balance and Conditioning

Monclova Community Center - \$10 per night or \$28 for all 3 days

Culminates with a timed Second Sole Kids Race

Saturday, December 15th 9:30 a.m. Second Sole's Santa's 1k kids run. This is a chip timed event at Levis Commons in Perrysburg

Race registration is separate and the responsibility of the parent. We will meet at 9:00 p.m. to warm up

Christmas Cookie Shake off Camp Wednesday, December 26th 4:30 to 6 p.m. \$15

Run Form, Agility, Balance, Conditioning, Core work and Crafts at the Monclova Community Center

December Dash, Saturday, December 29th 9 a.m .52k

Free Kids race from the Maumee Movie Theater

New Year's Revolution Camp Wednesday, January 2nd 4:30 to 6 p.m \$15

Run Form, Agility, Balance, Conditioning, Core work and Crafts at the Monclova Community Center

Please email Coach Kelly: kelly@energyfitnesscoaching.com to sign up ☺

