



Fall After School Enrichment Class

FRIDAY



WACKY WORKOUT

2:15 PM-3:15 PM

Cost: \$350 (supply fee included)

10 (Friday) SESSIONS:

October 12, 19, 26

November 2, 9, 16, 30

December 7, 14, 21



Taught by Ms. Azmae

Circuit Training, Speed and Agility,
Balance and Strength

This enrichment class is full of movement,
nutrition and health talk and a great opportunity
to move your body and
build life-long healthy skills.

