



Summer FUNKy FIT Classes



FUNky FIT is a mobile children's and family fitness program. We build character and community through play and fitness!

Team Meeting

Group Discussions, Team Building Activities, Aerobic Warm Up

Total Training

Obstacle Course to Improve Balance, Core Strength & Coordination

Game Time

Games & Races to Increase Endurance, Agility & Sportsmanship

Reevaluate & Realign

Yoga Cool Down to Gain Flexibility, Balance & Control of Emotions

Every Tuesday from June 14th Thru August 9th at 4:00 P.M.

Victoria Trails Amenity Center Picnic Pavilion

(Multipurpose Room During Inclement Weather)

Classes are for Victoria Park residents children and their guests.

Children 4-10 Years Old

\$10 for One Child - \$5 for Each Additional Sibling

Payments will be collected at class. Limited to first 20 children.

www.MyFUNKyFIT.com

Contact the Coaches and Owners

Carlos and Sara Reyes with any questions or concerns.

Carlos@myfunkyfit.com 386-848-1191



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