



**KIDS FITNESS CLASSES**

*Casual - \$10 per class  
Student Membership - \$25 per month  
Active Kids Voucher – One School Term  
Fitness Passport - Included*

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>FIT 4 KIDZ 4PM-4.45PM</b>	<b>FIT 4 KIDZ 4PM-4.45PM</b>	<b>FIT 4 KIDZ 4PM-4.45PM</b>	<b>FIT 4 KIDZ 4PM-4.45PM</b>
<b>FIT 4 KIDZ 5PM-5.45PM</b>			

**Commencing February 7<sup>th</sup> 2022**

**NOTE: TIMETABLE SUBJECT TO CHANGE AT ANYTIME/ NO CLASSES DURING SCHOOL HOLIDAYS. BOOKING REQUIRED AT [www.fit4all.com.au](http://www.fit4all.com.au)**

**GOVERNMENT APPROVED PROGRAM DESIGNED BY MILTON KARAVAS 20 YEARS EXPERIENCE PDHPE DEPARTMENT OF EDUCATION**

- PARENTS MUST REMAIN ONSITE AT ALL TIMES & ONE CLASS PER CHILD PER DAY**

**FIT4KIDZ 45min (PARTICIPANTS MUST BE ATTENDING PRIMARY or HIGH SCHOOL)** – Based on the fundamental movement skills, a holistic approach to improve physical function utilising a specific set of skills that involve different body parts. Also provides the kids opportunity to be supervised on stationary cardio machines eg: xtrainer/rower/bike.