



**COONABARABRAN KIDS FITNESS CLASSES**



Casual - \$10 per class  
 Member - \$5 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>FRIDAY</b>
<b>FIT 4 KIDZ 4PM-4.45PM (6yrs-10yrs)</b>		<b>FIT 4 KIDZ 4PM-4.45PM (6yrs-10yrs)</b>		
<b>FIT 4 KIDZ 5PM-5.45PM (10yrs-14yrs)</b>		<b>FIT 4 KIDZ 5PM-5.45PM (10yrs-14yrs)</b>		

**Commencing 27<sup>TH</sup> April 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: x trainer/rower/bike.