



FAMFITNT

SCHOOL AND COMMUNITY GROUP PROGRAMS KEEPING KIDS FIT FOR EVERYDAY LIFE!

We offer the following programs to schools and community groups.

We can also tailor programs to suit your school or community group's needs.

Please contact Leah to arrange a time for a chat about your school or group's needs.

- ❖ FUN-FIT (3- 7 YRS)**
- ❖ TWEEN-FIT (8-12 YRS)**
- ❖ TEEN-FIT (13-18 YRS)**

These classes are designed to teach kids healthy fitness habits. The focus will be on keeping fit for everyday life, teamwork, respect for others, proprioception, balance, coordination and general motor skills whilst having lots of fun. All sessions are planned to be age appropriate.

- ❖ KIDS YOGA (3-7 YRS)**
- ❖ TWEEN YOGA (8-12 YRS)**
- ❖ TEEN YOGA (13-18 YRS)**

Introducing Yoga to kids improves the strength and flexibility of their minds and bodies. We enhance kids' mental, emotional, and physical health through the use of movement, and teach the connection between the brain, body and the breath. This means healthier bodies and minds! All sessions are planned to be age appropriate.

- ❖ TEEN PILATES (13-18 YRS)**

Pilates teaches how to develop a strong core by using controlled, low impact movements that help engage deeper muscles to build stamina, strength, flexibility, balance and coordination. This is particularly fantastic for teens whose bodies are constantly growing and changing at a rapid rate.

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www.famfitnt.com.au