

BOUNCE BACK FITNESS

KIDS

K-6 Grades @ Midtown International School

Fitness instruction that focuses on cardio, strength, endurance, and conditioning. We will also work on basic sports drills. I have also added a day for games where we play, run and sweat.

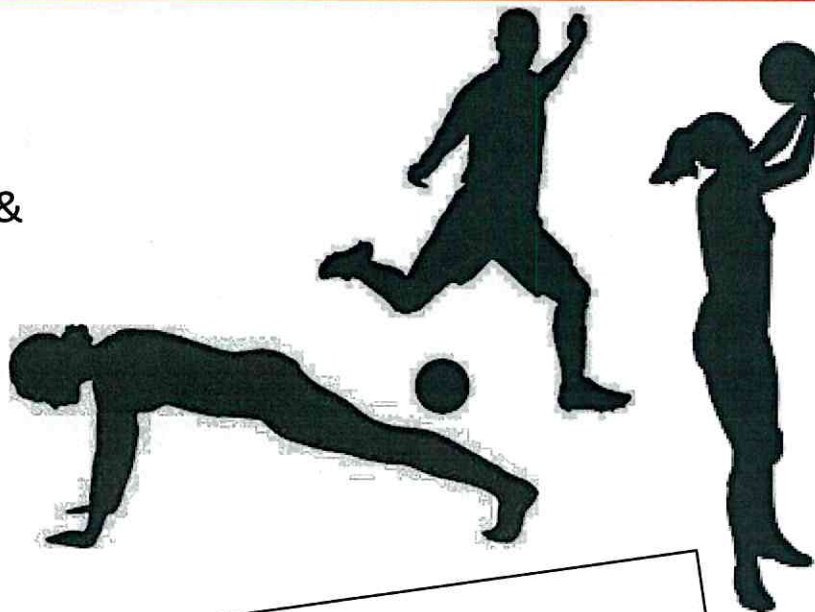
*Please note that weight training is strictly aged appropriately. Elementary students mostly use bodyweight for all exercises/sports drills.

✓ Conditioning & Assessment

✓ Strength training

✓ HIIT

✓ Cardio



Session 1:
Aug 20-Oct 11

Session 2:
Oct 15-Dec 6

Session 3:
Dec 10-Feb 7

Session 4:
Feb 11-Mar 27

Session 5:
Mar 31-May 22

Tuesdays-Fridays
8 week sessions/4 days a week
4:05-5:05 PM
\$350 per session

Boot camp instructor & advance personal trainer certification

To sign up, contact Nana Twum (201) 780-6232
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