



Kids in Motion - Fun Fitness

Kids Zumba

This is a WSES PTS sponsored program!

Grades: K-6

Class Time: 4:05-5:05pm

Location: Cafeteria

Fridays: Jan 17, 24, 31 Feb 7, 14, 21, 28 Mar 6, 13, 20 = 10 classes (none missed)

To Register: \$126.00 online at www.novakidsinmotion.com and click on the top left "Online Registration"

Zumba Benefits:

- High energy
- Kid friendly routines
- Exercise after school
- Work out to music
- Upbeat environment
- Make Friends
- Always a party!



Class Description:

Offered by Kids in Motion, this Zumba class for kids will be taught by KIM's lead Zumba instructor Anya Avilov. Class is for children grades K-6. This is a high energy, contagiously exciting dance workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. Zumba for Kids is a perfect fit for children and it creates an environment of excitement around being healthy and active! This class helps children boost metabolism and increase focus, coordination, and self-confidence.

Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTA and related officers and members liable for any accident that may occur. Also, Photos or video may be taken during classes or other events and may be displayed on KIM related materials or websites.

Contact us: **703-927-8653** or eleni@novakidsinmotion.com

Visit us: www.novakidsinmotion.com