



FUNKY NEW PROGRAM FOR 2012

"funkyfit with friends"

Finding it hard to squeeze in all your childrens activities, driving from one to the next?
This is the program you've been looking for because I COME TO YOU!

Small group funkyfit kids sessions - individually personalised for pre-school, school aged and teens

- Recognised, multi-award winning program
- Qualified Fitness Professional Instructor
- Qualified Specialist Childrens Trainer
- Qualified Specialist Childrens Yoga Teacher
- Crimtrak Police Check to work with children
- Senior First Aid and fully Insured
- Registered (Business and Individually) with Fitness Australia
- Career Partner with the Australian Institute of Fitness
- Service provider for the Australian Sports Commission

If the above qualities are high on your list...then look no further! So how does it work?

- Step One: Choose whether you want a weekly, fortnightly or monthly session
Step Two: Get together a group of your child's friends/family - the more people involved, the lower the cost!
Step Three: Arrange a meeting point- your backyard, the beach, a local park, school oval or community hall
Step Four: Choose fitness games, circuit, aerobics, yoga, sculpting (teens), circuit or Zumba (or a combination!)
Step Five: **BOOK NOW TO SECURE YOUR PLACE!**

I will bring the music, the equipment and the FUN!

funkyfit kids - encouraging children to believe in themselves and to shine with self confidence

Information & booking enquiries - Dee 0419 035 344 or dee@funkyfitkids.com.au

www.funkyfitkids.com.au

minimum 7 children per session