



UNIQUE FITNESS AND INDEPENDENCE TRAINING

Week 1
July 17, 2017

GETTING TO THE CORE

A workout to music focusing on the core, muscles that are crucial to foundational and efficient movement

Week 2
July 24, 2017

DANCE, DANCE, DANCE,

Fun movements to music to raise the heart rate and get our cardio on!

Week 3
July 31, 2017

CROSSFIT

kids' style!
jumping, planking
and all around
ninja
movin'

Week 4
August 7, 2017

YOGA

strength and
balance

Week 5
August 14,
2017

DANCE PARTY TAKE 2

Could be country,
could be disco!
It's a surprise!

JOIN US FOR 1 OR ALL 5 MONDAY EVENINGS @ 5:30 PM. 30 MINUTES OF FUN PHYSICAL ACTIVITY FOR INDIVIDUALS WITH DISABILITIES!
SPACE IS LIMITED, PLEASE PRE REGISTER!
COST: \$5 PER CHILD, PARENTS FREE

**ALL CLASSES AT THE TRAINING GROUNDS GYM
6791 DUBLIN CENTER DRIVE
CONTACT PEGGY @ 614-937-8309 FOR DETAILS OR TO
PREREGISTER**