

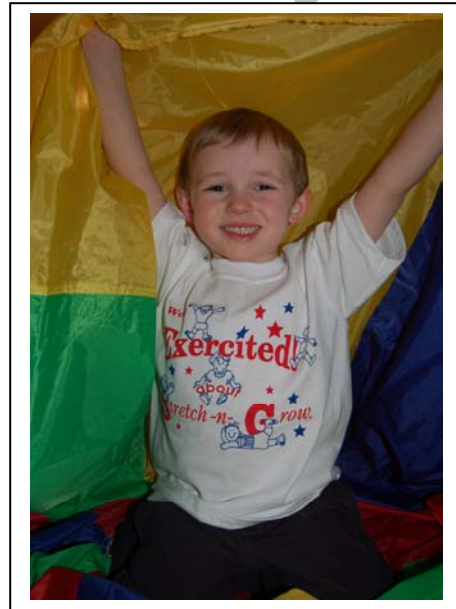


*Fabulously Fun Fitness for Happy, Healthy Kids!!*

**NOW ENROLLING!!**

### **Program Highlights**

- ★ 30-minutes of continuous, fun exercise – safe and effective exercises designed for young children.
- ★ Action-packed, non-stop fitness class where every child is the focus – no waiting in line!
- ★ Skill-specific equipment used in every class for every child.
- ★ Exercise emphasizing large muscle groups, motor skills, coordination, balance, resistance, flexibility and aerobic activity.
- ★ Structured work-outs & activities that help create spatial awareness, rhythm and social development.
- ★ Physical conditioning that prepares kids for skilled activities necessary for competitive and team sports
- ★ Age-appropriate lesson plans on important topics such as exercise, health, nutrition, safety and hygiene.
- ★ Our well-trained and certified coaches come to *your* facility – no traveling, no leaving the building!



Classes held at  
**Providence Montessori School**  
on Fridays @ 3:00 & 3:30 p.m.

**ONLY \$36.00 for each 6-week session!!**

### **Second Session Dates**

**Fridays - September 18 & 25**

**Fridays - October 2, 9, 23**

**Friday - November 6**

**(primary does not have school on Oct. 16 & 30)**

For more information contact:

**Coach Adriane Polyniak**  
**IFA Certified Personal Trainer**  
**Sports Nutritionist**

Phone: 502-542-1786  
Email: [sngbluegrass@gmail.com](mailto:sngbluegrass@gmail.com)



I would like to enroll my child/children in Stretch-n-Grow. The class will take place in the Providence Toddler House basement.

Class size is limited and limited to 10 children in each class. We will fill it on a first come first serve basis (with enrollment form and check). If your child does not get in this time we will be doing it again for the next six week session. Thank you.

3:00-3:30 \_\_\_\_\_

3:30-4:00 \_\_\_\_\_

Child Name/Names: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Check Enclosed for \$36.00 \_\_\_\_\_



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