

Nutri-Fitness Exercise Class



Nutri-Fitness Exercise Class is designed especially for children. This course is packed with fun filled aerobic activities including line dancing, exercise stations, creative movement, non-competitive group games, obstacle courses, and basketball drills. Children workout with parachutes, over-sized balls, hover disks, beach balls, light free weights, and Hoppity Hop balls. Each class concludes with a brief lesson on nutrition.

Fee is \$45

Saturday: 10:00 a.m. to 11:00 a.m.

Children ages 7-12

10-week session

Class begins March 31, 2007

Please register in person.

Lower Township Recreation Department
2600 Bayshore Road Villas, N.J.

Phone: (609)-886-7880

Laura Farrall, the instructor, is a certified personal fitness trainer, and sports nutrition consultant.

Please bring a water bottle, and wear sneakers to class.