

Unique Fitness 4 Kids
Classes offered at THRS for kids ages
3 years old -8th grade!

Yoga Fitness 4 Kids
Groove & Move Cardio Blast

Register online at:

www.uniquefitness4kids.com



PROGRAMS OFFERED AT: **The Honor Roll School (Sweetwater)**
Yoga Fitness 4 Kids & Groove and Move Cardio

Mondays:

Yoga: 3:00-3:30 (ages 3-5) Cost: \$55 / month

Groove & Move: 3:40-4:10 (K-4th) Cost: \$55 / month

Wednesday:

Groove & Move: 3:00-3:30 (K-4th) Cost: \$55/month

Yoga: 3:40 – 4:10 (Middle School) Cost: \$55/month

Thursday:

Yoga: 3:00-3:30 (K-4th) Cost: \$55 / month

NEW Middle School Yoga Class:** Wed., 3:40 – 4:10

Cost: \$55 per month Register online at:
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ABOUT UniqueFitness4Kids:

Our **UniqueFitness4Kids** classes are designed for all kids to have the most incredible time enjoying fitness, while learning the importance of exercising the mind as well. The class sessions allow students to learn either the art of Yoga or the thrill of aerobic style dance. In our **Yoga** classes the students learn poses, proper breathing and stretching techniques and increase balance. The **Groove and Move** class is a fast-paced high energy aerobic style exercise program. This program features music, aerobics, hula-hooping, rhythmic ribbons and more. These **UniqueFitness** classes allow students to begin the path to a healthy lifestyle. The benefits are felt in the classroom setting as well. The classes simply emphasize Yoga, Fitness, Cardio and FUN! Both classes are a true

Fall Semester Programs
Start the week of September 3rd!



FOR MORE INFORMATION:

Contact: Tricia Rios, Owner

Web: www.uniquefitness4kids.com

Email: UniqueFitness4Kids@yahoo.com

Phone: 713-997-0044

You can join the class anytime! Text or email Tricia if you are registering mid-month for a pro-rated amount!