

Girls' Fitness Classes

Summer 2011



Get Started in Fitness

- ⇒ Start your daughter, your niece or friends on their way to a healthy lifestyle.
- ⇒ Encourage fitness as a choice...a wise choice!
- ⇒ Every one starts at their own fitness level.
- ⇒ Summer fitness classes are available for girls age 8 and up at *bfit & well*.
- ⇒ Each program consists of nine (9) sessions over a three week period.
- ⇒ Each student will:
 - Find out about fitness awareness through exercise.
 - Discuss smart food choices.
 - Work on agility skills, balance and strength.
 - Participate in obstacle courses and traditional as well as non-traditional exercises.

Summer 2011 Classes

All classes meet 10:30—11:30
on Tues/Wed/Thu

- Class 1 - June 7,8,9, 14,15,16,21,22,23
- Class 2 - July 5,6,7, 12,13,14,19,20,21
- Class 3 - July 26,27,28, August 2,3,4, 9,10,11

Your investment in health
for each 9-session class is \$179.

Talk to Bonnie about family or group rates.



Who is *bfit & well* ?

A nationally certified fitness professional, Bonnie Murphy has been in the business of health and wellness for the past 20+ years. In 2009 she was recognized as one of "The Best Personal Trainers in America" by the national Fitness Hall of Fame.



Her certifications include: ACE, AFAA, and UAA.

Bonnie has a 12 year old granddaughter and 8 year old grandson so she knows what it takes to keep kids motivated, moving and engaged.

You'll be using:

*Jump Ropes.....Hula Hoops
Weighted Balls.....Bosu Balls*

Fun! Friends! Laughter!

Excitement!

All the things that are needed for a well rounded fitness program!!



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