



## Kids in Motion - Fun Fitness

### Run Club and Zumba

\*This is a Lees Corner PTA Sponsored Event\*

**Zumba** Wednesdays 3:45-4:45 K-5 on the Stage

Jan 17, 24, 31 Feb 7, 14, 21, 28 Mar 7 = 8 classes (none missed)

**Indoor Run Club** (see description below) Fridays 3:45-4:45 K-6 Gym

Jan 19 Feb 2, 9, 16, 23 Mar 2, 9, 16 = 8 classes (no class Jan 26)

**To Register:** Discounted \$93.00 rate for Lees Corner PTA Members. \$97.00 rate for parents who are not a part of the PTA. Register: [www.novakidsinmotion.com/registration/](http://www.novakidsinmotion.com/registration/)



**Zumba** is for kids in grades K-5. This class is a high energy, contagiously exciting dance workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. Zumba for Kids is a perfect fit for children and it creates an environment of excitement around being healthy and active! This class helps children making friends, get active after school, and love dance fitness. Zumba instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children. Instructors receive further training through NOVA Kids in Motion lead instructors.

**Indoor Run Club** is for boys and girls in grades K-6 who come out to run for fun. Kids learn the fundamentals of walking, power walking, jogging, running and sprinting so they can learn to pace themselves and run further each week. They track their distance with popsicle sticks and work toward new goals each class. The kids do super fun running games at the start and end of class, such as capture the flag, relay races, sharks and minnows, and rainbow tag. This class is a great way to super active after school!

Contact us at: **703-927-8653** or [eleni@novakidsinmotion.com](mailto:eleni@novakidsinmotion.com)

Visit: [www.novakidsinmotion.com](http://www.novakidsinmotion.com)