



Kids in Motion - Fun Fitness

Hip-Hop with Glow Lights

****Franklin Sherman PTA Sponsored Activity****

Grades: K-5 **Class Time:** 4:10-5:00pm. **Location:** Gym

Mondays Oct 1, 15, 22, 29 Nov 12, 19, 26 Dec 3, 10 = 9 classes (no class Oct 8, Nov 5)

To Register: \$114.00 to register: novakidsinmotion.com/registration

Kids Dance Benefits:

- High energy, fun in motion
- Kid friendly routines
- Kid friendly music
- Make friends
- Upbeat environment
- Get moving after school



Description:

Our Hip Hop/Glow Light Dance Party class is offered for kids in grades K-5. This is a high energy, exciting dance class specifically designed for children. Classes are set up with kid friendly hip hop music, movements, and routines so kids can get a work out, AND we switch it up to include mini flash lights! This class a great fit for children and it creates an environment of excitement around being healthy and active. Instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children, or they are experienced Hip Hop/Dance fitness instructors. All instructors receive further training through Kids in Motion lead dance teachers.

Be advised:

While all reasonable precautions will be taken to assure my child's safety and to prevent any injuries from occurring, I will not hold the Instructor, Kids in Motion, the school, the PTA or related officers and members liable for any accident that may occur. Also, photos or video may be taken during classes or other events and may be displayed on KIM related materials or websites.

Contact us: **703-927-8653** or eleni@novakidsinmotion.com
Visit us: www.novakidsinmotion.com