

Baxter's Bunch Playhouse Presents...

Felix's Fitness Jam



WHEN: Wednesdays at 3:30pm—for 5-7 year olds or

Wednesdays at 4:30pm—for 8-12 year olds!

WHERE: Baxter's Bunch Playhouse

COST: A Special Introductory Price of \$*69/month with a 3 month commitment and a one time manual fee of \$15

We are the hip, new spot for kids that wanna stay active, have a blast and learn something in the process. In addition to our awesome facility featuring the coolest stuff including a climbing wall and a café featuring delicious and healthy food, we are offering a kids fitness program that meets 1x/week for instruction and 1x/week for free play. The one hour session consists of 20 minutes of exercise + 10 minutes of an education lesson + 30 minutes of obstacle course fun! (all instructed by Nationally Certified Personal Trainers) equal a whole lot of fun!

Come join us at the coolest place in town where fun and good health collide!

TOPICS TO BE COVERED:

- *Move and Groove (the importance of cardiovascular training for kids)*
- *Fat to Win (the power of proper nutrition)*
- *The Low-down on Liquids (what counts as a healthy liquid)*
- *Snack Attack (making healthy snack choices)*
- *Toughen UP! (why do we have to do push-ups in PE?)*
- *Cut it OUT! (good fats/bad fats, sugar, etc)*
- *Walk This Way! (how to maintain good habits forever!)*

**Gear up and get ready to be a GAME CHANGER...
the only way you can finish race is by GETTING IN THE GAME!**

For more Information contact Beth Klipa at beth@baxtersbunch.com

Baxter's Bunch Playhouse Presents

Felix's Fitness Jam



**For Preschoolers
Ages 2-4**

WHEN: Tuesdays 10am-11am

WHERE: Baxter's Bunch Playhouse

COST: Special Introductory Price of \$*69/month

* With a 3 month commitment and a one-time registration fee of \$15

Preschoolers are naturally active, so providing opportunities for preschoolers to jump, run, climb, hop and dance is crucial to their development. At Baxter's Bunch Playhouse, we understand that a healthy and fit lifestyle begins early in life. We believe it's important to keep preschoolers active each day as well as well as instill fitness habits that will last a lifetime. Our goal is to instill in your 2-4 year old a love of fitness, a desire for making healthy food choices, and to help you the parent reinforce the process at home. The one hour Tuesday session consists of 20 minutes of exercise focusing on age appropriate gross motor skill development, 10 minutes of a hands on lesson + 30 minutes of obstacle course fun! In addition, the cost includes (1) weekly pay to play session that can be used any other day of the week!

**Sessions
begin
Tuesday-
2/7/12**

TOPICS TO BE COVERED:

- o *Move and Groove (the importance of exercise for young children)*
- o *Eat to Win (how food can make us healthy and strong)*
- o *Throwing and Catching a Ball*
- o *Hopping and skipping unilaterally and...*
- o *Bilateral Integration (refers to the ability to smoothly perform actions using both sides of the body simultaneously)*
- o *Running, Climbing and Balance*
- o *Injury Prevention in Preschoolers*

Give your child the start needed towards health and wellness at
Baxter's Bunch Playhouse...Where FUN and GOOD HEALTH COLLIDE!

For more information contact Beth Klipa at beth@baxtersbunch.com