

Parent Child Night at...



Paradise of Fun
Children FitnessFun Center

Where can you go get your work out and bring your child
and they get their work out at the same time

ZUMBA ZUMBA ZUMBA

Every **Friday** night from 7:00pm - 8:00pm

\$12.00 for you and your child

Each additional child is \$5.00 more

Or **SAVE** with a monthly fee of \$50.00 which includes one child

HIP HOP MADNESS

Every **Saturday** from 10:00am - 11:00am

That's right bring the kids so they
can work out doing hip hop,
kids cardio & FitnessFun

\$10.00 per class

Space is limited to 25 participants

FITNESS IS A FAMILY AFFAIR

LET'S FIGHT OBESITY

Classes taught By Karma's Dance Factory





We are a new addition to Security Square Mall family as well as to the community.

We want to be able to live up to our mission statement:

Bring happiness and fun to children while they are getting fun, healthy exercise in a safe and clean environment.

For that purpose, Paradise of Fun is bringing to the community a FitnessFun class program for children ages 2 to 8 that will surely turn the most inactive children into active and happy children and help them stay fit in a FUN way!

The main goals of Paradise of Fun FitnessFun class program are

- To promote children's good fitness habits for life through cardio and strength
- FitnessFun programs combined with NutritionFun activities geared to motivate them to exercise, make them happy and be healthy
 - To promote good health as a part of an active lifestyle
 - To encourage confidence in children
- To encourage children to interact with peers in a positive way

Our programs

FitnessFun class: Combination of Kid Cardio, Aerobics and Dance

NutritionFun class: include nutrition games geared to teach children good nutrition facts in a FUN way

Afternoon FitnessFun class program includes homework time

Class schedule

Ages 2 to 4

Monday - Thursday from 10:00am to 12:00pm

Ages 5 to 8

Monday - Thursday from 5:00pm to 7:00pm

Price

All of this FitnessFun for one low monthly fee of ~~\$200.00~~ per month or ~~\$50.00~~ per week

(siblings get 20% OFF)

Monthly FitnessFun class enrollment entitles enrolled children to **Free** Open FitnessFun whenever available