

# Your Best Fitness Training !

This is a comprehensive program of teaching, training, and coaching fitness and all of its components, created especially for kids!

**7 Tuesdays, February 2-March 23**  
**Audubon Gymnasium**  
**3:10-4:10 PM**

Instructor Dave Brinkman coaches students in a positive, uplifting and energetic atmosphere that promotes:

- Strength resistance training
- Flexibility teaching
- Agility and Mobility
- Cardiovascular conditioning
- Coordination techniques
- Sport Specific Enhancement
- Nutrition Basics
- Teamwork
- Self Development
- Self Control



Students will learn these concepts through game play, running, jumping, fitness drills and calisthenics. Most of all, the participating students **have fun** and truly receive a workout in their time in class. If the students are willing to move they will be served by moving their bodies, burning calories, increasing metabolism and gaining knowledge about fitness by experiencing it.

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent

Name(s): \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Email \_\_\_\_\_ Zip \_\_\_\_\_

Phone Hm \_\_\_\_\_ Cell \_\_\_\_\_

Parent /Guardian Signature \_\_\_\_\_