



Fitness
Health
Nutrition
Active Play
Life Skills

**THE AFTER SCHOOL PROGRAM
WHERE FUN GETS MOVING!**



ClubFX is the answer to your family's need for fitness and afterschool programming. ClubFX offers engaging physical fitness with trampolines, climbing, ninja warrior courses and aerobic movement. At ClubFX, your student will enjoy –

- Healthy snack
- Nutrition lessons
- Instructor-led active play focused on cardiovascular-respiratory endurance
- Encouragement to create healthy habits in their daily lives
- Learn life skills that will help students better handle stress and anxiety, peer interactions and negative feelings

Age: K – 5th Grade

Time: After school – 6 pm

Price: \$125/week

includes t-shirt, grip socks and snacks

ClubFX spots are limited. To guarantee enrollment, a \$25 registration fee is required along with the first week's payment.

email **clubfx@airfxcr.com** to learn more and register