



Fitwize

where fitness meets **FUN!**

FITNESS CENTER

4 kids

Just for **Kids!**

- Energetic 45-Minute Supervised Circuit Training
- Hip-Hop for Fitness Classes
- Nutrition Workshops
- Jump Rope
- Ballet/Tap/Jazz
- Sports Agility
- Aerobic/Kickboxing
- Zumba



"girls only" sessions available

VISIT US AT fitwizeny.com

OUR EQUIPMENT IS DESIGNED EXCLUSIVELY FOR KIDS

\$20 OFF 90 Minutes of Birthday Fun!
birthday party!

Sports-Related Activities • Relay Challenge Circuits/Obstacle Course & More
W/COUPON ONLY • NOT VALID W/ANY OTHER OFFER • EXP 8/15/12

WOW! \$20 OFF
any 10 week class program

W/COUPON ONLY • NOT VALID W/ANY OTHER OFFER • EXP 8/15/12

one month FREE! with 6 month membership
NEW CLIENTS ONLY

W/COUPON ONLY • NOT VALID W/ANY OTHER OFFER • EXP 8/15/12

83 Columbia Avenue, Cedarhurst • 516.837.0971 Programs for Children 3-15 Years Old