



...the direction to health and fitness fun.

# FREE FAMILY BOOTCAMP

| WHERE?                     | WHEN?                                 | TIME?                  |
|----------------------------|---------------------------------------|------------------------|
| ST FRANCIS OF<br>ASSISI PS | STARTING<br>THURSDAY<br>17TH JAN 2019 | 7 - 8PM<br>FOR 5 WEEKS |

## Fitter Families ~ Fitter Futures

- Working out as a family is on the rise - it helps to teach our children the importance of exercising throughout adulthood as well as childhood in an increasingly sedentary world.
- Classes focus on functional body weight movements, core work and cardio.
- FUNctional movements encompassed in games and activities.
- Everyone warms up, works out, plays games and cools down together! A great way to spend some family time!
- EVERYONE gets a chance to work at their own level! Don't worry if you're just starting to exercise! We'll help you along!
- Classes will be most suited to P4 children up, but parents are welcome to bring children from P1 upwards.
- Come along and give it a go!
- Don't forget your water!

