



P.H.A.T

Hey Parents! It's time to get your kids active. "P.H.A.T" Physical Health Activities for Tweens classes, along with good nutrition, will help aid them in a healthy direction.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 5:15p - 5:45p Have a Ball Ages 6-12	3	4	5
6	7 5:15p - 5:45p P.H.A.T Circuit Ages 6-12	8	9 5:15p - 5:45p P.H.A.T Circuit Ages 6-12	10	11	12
13	14 5:15p - 5:45p Have a Ball Ages 6-12	15	16 5:15p - 5:45p P.H.A.T Circuit Ages 6-12	17	18	19
20	21 5:15p - 5:45p P.H.A.T Circuit Ages 6-12	22	23 5:15p - 5:45p Have a Ball Ages 6-12	24	25	26
27	28 5:15p - 5:45p P.H.A.T Circuit Ages 6-12	29	30 5:15p - 5:45p P.H.A.T Circuit Ages 6-12			
<p>P.H.A.T Circuit- cardio plus strength building circuits that gets your heart pumping and build your muscles. Have a Ball- Cardio drills utilizing basketballs, medicine balls and/or stability balls.</p>						

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