

MIZFIT

Hip Hop & Zumba

High Energy Dance Classes for kids that nourish their minds, bodies & soles.

Wednesdays

2:15-3:15pm at the school

For Students Grades K-5

Requires minimum of 10 participants

To Register & Pay Online

- 1 Go to mizfitinc.com
- 2 Click 'mizfit dance'
- 3 Choose 'registration'
- 4 Scroll to & click on code: BLEZ
- 5 Click Mizfit Dance Studio for more class offerings.

At MIZFIT we are all about creating a POSITIVE ATTITUDE toward fitness. A misfit goes against the grain and thinks differently. And that's our approach to exercise. We aim to change the conventional perception about fitness - that it's a chore—by making it unique and dynamic! Ultimately, it's about INSTILLING HABITS OF A HEALTHY LIFESTYLE AT AN EARLY AGE.

This enrichment class is EASY, FUN & EFFECTIVE, and kids will have so much fun that they won't even realize they're exercising! The class combines the principles of aerobics with the innovative, international dance styles of Zumba & Hip-Hop. When taken together, they provide a venue for and encourage self-expression, social interaction & multi-cultural understanding. Add in Mizfit's philosophy towards fitness, and kids will be inspired to maintain a healthy body and a positive attitude.

MIZFIT, INC. IS A LICENSED AND INSURED FLORIDA CORPORATION / Instructors are CPR and First Aid certified

Session 3

Dates

1/22 1/29 2/5 2/12 2/19
2/26 3/5 3/12

Session 4

Dates

3/19 4/2 4/9 4/16 4/23
4/30 5/7 5/14 5/21

SAVE with \$260 semester savings package or \$135 for Session 3

For questions or other forms of payment, Contact Nicole:

☎ (954) 471-6425

✉ Nicole@MizFitinc.com

For news, updates & videos please follow us at

📷 **mizfitinc**

📘 **Mizfit Inc.**

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