

★ Ask us about Mini
and Summer
Camps

MIZFIT

Hip Hop & Zumba

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

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

Wednesdays

2:10-3:10pm at the school

For Students Grades K-5

Requires minimum of
10 participants

Session 1

Dates

9/11

9/18

9/25

10/2

10/9

10/16

10/23

10/30

Session 2

Dates

11/6

11/13

11/20

12/4

12/11

12/18

1/8

1/15

SAVE with **\$240** semester
savings package
or **\$135** for Session 1

**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.**

Disclaimer: Mizfit, Inc. is not affiliated with or endorsed by the School Board of Palm Beach County or Blue Lake Elementary and the events/activities hosted by Mizfit, Inc. on Blue Lake Elementary's premises pursuant to a lease agreement shall not be construed as being conducted, funded, hosted, or sponsored by the School Board or Blue Lake Elementary on behalf of Mizfit, Inc. The School Board and Blue Lake Elementary undertake no responsibility for supervising or monitoring Mizfit Inc.'s events/activities and will not be liable for any and all actions of Mizfit, Inc. on Blue Lake Elementary's premises.

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