



Conditioning

Sponsored by



APRIL 12 & 26

2:00-3:00pm

FLO FITNESS

709 S. Vermont St., Palatine

KINDERGARTEN-8TH GRADE

ALL ABILITIES WELCOME!



• **Speed**



• **Strength**



• **Endurance**

Designed to help kids
run faster, move quicker
and **grow stronger**—all
in a **FUN** and supportive
environment!

Post Training AGILITY COURSE



\$18 Single Day / \$32 BOTH Days

*Sibling Discount

Includes: t-shirt, participation bib & completion award

Cardio Kidz NFP is a registered 501(c)(3) nonprofit organization



For more information
visit:

www.cardiokidz.org