



Kids in Motion - Fun Fitness

Zumba & Yoga Kids

These are Navy PTO Sponsored Events

Zumba K-5 Tuesdays 3:30-4:30

Jan 11, 18, 25 Feb 1, 8, 15, 22 Mar 1, 8, 15 = 10 classes (none missed)

Yoga K-5 Thursdays 3:30-4:30

Jan 6, 13, 27 Feb 3, 10, 17, 24 Mar 10, 17 = 9 classes (no class Jan 20, Mar 3)

The only item needed is a yoga mat, but children can participate without one

Registration: \$115.00 Visit www.homeroom.com to sign up.

Note: Refer to Homeroom for room assignments



Zumba® is for kids in grades K-5. This class is a high energy, contagiously exciting dance fitness workout specifically designed for children. Classes are designed with kid friendly music, movements, and routines. In addition to a dance work out, they will also play games such as freeze dance, dancing 4 corners, limbo, center star, balloon games, and many more. Zumba for Kids is a perfect fit for children and it creates an environment of excitement around being healthy and active! This class helps children making friends, get active after school, and love dance fitness.

Yoga for kids develops focus, flexibility, strength, and coordination through a variety of yoga poses, stories, music, sing a longs, drawings and games. These classes enhance energy while teaching children how to remain calm and centered. Children learn basic yoga movements in a fun, relaxed setting, which always promotes doing their personal best in a non-competitive environment. Other benefits of yoga include increased patience, posture, confidence, and self-esteem. Poses are learned individually, with partners, and in groups. Yoga Kid instructors may be certified through one of many Yoga organizations and receive further training by NOVA Kids in Motion certified Yoga Kids instructors.

Contact us: 703-927-8653 or eleni@novakidsinmotion.com

Visit us: www.novakidsinmotion.com