

Yoakum Shape Shop
Presents

AerobiKids

A Summer Fitness Camp for Kids

June 14 - 25, 2010 Mondays/Wednesdays/Fridays

1:00 p.m. - 2:00 p.m. Ages 3-8 yrs.

2:15 p.m. - 3:15 p.m. Ages 9-13 yrs.

Camp will consist of basic step aerobics, cardio exercise, light strength training, relays, instruction of some major muscle groups, calculating heart rates and other fun activities designed to get kids active. All campers registered by deadline will receive a free t-shirt. Campers may register after deadline if space is available but will not receive t-shirts.

Price: \$35/child Non-Members
\$30/child Members

Each class is limited to first 20 paid participants.

REGISTRATION DEADLINE: TUESDAY, JUNE 1, 2010

** Must have 10 children/class for class to make. Classes may be combined into one and registrants will be notified by phone if that occurs. No refunds on registration fees unless class does not make.

Registration forms available at the gym (116 E. Gonzales) or at
www.yoakumshapeshop.com