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KIDZ WORKOUTS with STUDIO JEAR

KIDZ "GET MOVING" WORKOUT!

INTRODUCING

STUDIO JEAR'S GET MOVING FITNESS

For kids, exercise means playing and being physically active.

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger **muscles and bones**
- have a leaner body because exercise helps control body fat
- be less likely to become **overweight**
- decrease the risk of developing **type 2 diabetes**
- possibly lower **blood pressure** and blood cholesterol levels
- have a better outlook on life
- enhances **emotional well-being**
- teaches kids an **active, healthy lifestyle**



Our children are our future—and understanding and supporting their natural yearning for physical activity will help lead them to a lifetime of happy and healthy living. If we joyfully teach them how to include healthy exercise from the early stages of their development, we will be giving our children a gift that will endure throughout their lives.

KIDS FUN & EFFECT BOOTCAMP CLASSES!

MONDAY - August 6th

MONDAY - August 20th

5:45pm to 6:45pm

Cost: \$5.00

With Kelly aka "THE CHAMELEON"!

Studio Jear Satellite Location:

JJVA - 8457 Western Way, Jacksonville, FL 32256

Studio Jear Group Fitness - MORE than just a workout!



Please dress kids in loose, comfortable clothing - sneakers - no flip flops! THEY WILL BE ON THE MOVE!