



# Kid's Fit Club

**Mondays After School at Warren (3:15-4:15), 4/9 to 5/14**

Jump, kick, turn and move in this fun fitness class. We get to try all the classes that are offered in the clubs modified for kids.

We will try five different types of classes:

4/9-Aerobics

4/16 -Kickboxing & Martial arts

4/23 -Yoga

4/30 - Interval Training

5/7 Weight Training

(bring two full 16 oz bottles of water for weights)

5/14 Kids Choice

**Cost: \$65.00 for new and \$60.00 for returning (covers mat)**

**\$10.00 sibling discount**

**Instructor: Shari Malowitz**

[sharimalowitz@yahoo.com](mailto:sharimalowitz@yahoo.com) & [www.facebook.com/yogashari](http://www.facebook.com/yogashari)

How to register:

1. Email instructor [sharimalowitz@yahoo.com](mailto:sharimalowitz@yahoo.com) to reserve your child's space.
  2. Fill out form on reverse (new students only)
  3. Place form and payment payable to "CRC" in an envelope with your child's name and Yoga Club on the front.
  4. Hand it in at the first class. Do not submit to the school office.
- Limited to 20 participants. Pick up is at 4:15 at the REC room door.

**Class will fill up quickly.**

Weather Cancellations: If schools are closed due to inclement weather all recreation programs are canceled. If there is a snow emergency plan in effect after school hours all recreation programs are canceled. Please listen to WBAL 1090 AM Weather line or visit [www.cockeysvillereccouncil.org](http://www.cockeysvillereccouncil.org). Therapeutic: Should you require special accommodations (i.e. sign language interpreter, large print, etc.) please give as much notice as possible by calling the Recreation Office at 410-887-7734 or the Therapeutic Office at 410-887-5370 (voice) or 410-887-5319 (TT/Deaf).

These materials are neither sponsored nor endorsed by the Board of Education of Baltimore County, the Superintendent, or this school or office.



DEPARTMENT OF  
RECREATION AND PARKS