



\$5 per child
Membership and registration required.
Space is limited



Cardio **KIDZ**

Canyon Country Community Center

Saturdays

11:00 - 11:45 am

Ages: 5-14

- ★ Improve fitness, flexibility, technique, coordination, and skill components
- ★ Improve ability to focus
- ★ Build confidence, strength, respect, discipline, control, and self defense