

# December Holiday Workshop!

fitnessworx makes being active fun

## jump in to these school holidays!

Try our best and most requested fitnessworx activities in three jam packed morning workshops aimed at making school holidays all the more fun! There is something for everyone. Come along to one workshop, or all three! You won't want to miss out on the opportunity to learn some new skills and get involved in some fun, innovative challenges.

**DAY ONE : CIRCUS** Try your hand at juggling, acrobatics, tricks & clowning! Finish with your own mini performance.

**DAY TWO : FITNESSWORX AMAZING RACE** Love the show? You'll love this program! Work in teams to tackle challenges and detours, whilst avoiding the speed bumps. Will your team reach the pit stop first?

**DAY THREE: FUNK & GROOVY** Have fun with dance games & activities, build a routine and take part in a BATTLE!

**when?** December 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup>

**age?** Primary

**time?** 9.30am – 12.30pm (3 hours)

**where?** North Balwyn

**cost?** \$35 per day or \$90 for all 3 days

Let our experienced and talented staff entertain and educate the kids in a place where they can try new things and make new friends! Places are limited and bookings essential so...

## BOOK NOW!

For booking enquiries please contact fitnessworx Head Office

ph: 1300 668 338

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