



***a fitness and athletic class just for girls in 4<sup>th</sup> -6<sup>th</sup> grades***

Have your daughters join us for a fun and active **8 week** class filled with games, relays, obstacle courses, fitness stations, and activities that will improve their fitness levels, coordination, balance, agility, endurance and strength. They will also learn to improve flexibility through yoga and the importance of your mind, spirit and attitude in accomplishing physical goals.

All while having lots of FUN!!

Tuesdays @ Upper Elementary School Gymnasium 3:00-4:00 pm  
*(girls can stay after school)*

**Session I:** Tuesdays, October 19-December 14 (no class:11/23)

?’s: contact Cindy O’Donnell at [cindy@balancedathletics.com](mailto:cindy@balancedathletics.com)

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**MOORESTOWN COMMUNITY SCHOOL FALL 2010 REGISTRATION FORM**



**UES Session A (Tues):                      8weeks                      \$88                      \_\_\_\_\_**

Make check payable and send to: **“Moorestown Community School”**  
Attn: Doti Stewart, 803 Stanwick Rd, Moorestown, NJ 08057  
and  
email [cindy@balancedathletics.net](mailto:cindy@balancedathletics.net)

***TUITION CHECK MUST ACCOMPANY THIS FORM***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



[www.balancedathletics.com](http://www.balancedathletics.com)

BE STRONG IN BODY & MIND