



**Fun & Fitness**  
**Every Saturday**



**KIDS ALLSTAR**  
***Fitness***  
**CLUB**

**\$15/mo**

- **Park Workouts Every Saturday**
- **Weekly Nutritional Guidelines**
- **Challenges For Prizes**
- **Free T-shirt**



**Dodge Park Sterling Hts**



- **Increase Coordination & Balance**
- **Improve Energy & Confidence**
- **Build Strong Muscles & Bones**



[www.flexmotionfitness.com/kids](http://www.flexmotionfitness.com/kids) (586)434-4770

# REGISTER ONLINE NOW!

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