



MOVIN' MONDAYS AFTER SCHOOL FITNESS PROGRAM

Fit Kids Factory provides a 6-week fitness course focusing on building confidence and a healthy self-esteem through lessons, physical games, activities and workouts.

Easy online registration at <https://fitkidsfactory.com>
Select After School Programs, Paynter.



**FOR ADDITIONAL INFORMATION:
CALL COACH LAURA @412-401-3431**

REGISTER AT [HTTPS://FITKIDSFACORY.COM](https://fitkidsfactory.com)
CLICK AFTER SCHOOL PROGRAMS, SCROLL TO
BALDWIN/WHITEHALL SCHOOL DISTRICT.

PAYNTER
ELEMENTARY
SCHOOL

MONDAYS
BEGINS OCT. 7TH

6-WEEK PROGRAM

ALL GRADES
WELCOME!

3:45 - 4:45 P.M.

COST \$62

PARENT PICK-UP AT
4:45 P.M.

Fun Workouts, Obstacle
Courses, & Physical
Games

Healthy Snacks & "Try
Foods"

Interactive Lessons &
Activities about
Nutrition, Fitness, &
Health