



Conditioning

Sponsored by



APRIL 18 & 25

2:00-3:00pm

FLO FITNESS

711 S. Vermont St., Palatine

KINDERGARTEN-8TH GRADE

ALL ABILITIES WELCOME!



Speed



Strength



Endurance

HYROX inspired fitness stations, designed to help kids **run faster**, **move quicker** and **grow stronger**—all in a FUN and supportive environment!



\$40

*Sibling Discount

Includes:

Cardio Kidz tech t-shirt, 2 sessions & bibs, goal tracker sheet, progress report, certificate & medal



For more information & to register visit:

cardiokidz.org

Cardio Kidz NFP is a registered 501(c)(3) nonprofit organization