



# 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!



Includes:

**\$40**

\*Sibling Discount

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



For more information & to register visit:

[cardiokidz.org](http://cardiokidz.org)