



REGISTER



Conditioning

Designed to help kids **build strength**, **improve coordination** and **develop confidence**—all in a FUN and supportive environment!

Sponsored by



AGES 2-8 YEARS OLD
ALL ABILITIES



Speed



Strength



Confidence

Saturdays, Sept. 19 & 26

4:00-5:00pm

KidStrong- Schaumburg
2450 W. Schaumburg Rd.



\$25 Single Day / \$45 BOTH Days

**Sibling Discount*



www.cardiokidz.org



info@cardiokidz.org

Includes: Cardio Kidz tech t-shirt, sessions & bib, goal tracker sheet, progress report, certificate & medal

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