

FRIENDSHIP FITNESS PRESENTS

DEVELOP

YOUTH FITNESS | AGES 5-8

**Build skills. Gain confidence.
Learn to move well.**

A six-week program that bridges the gap between early movement and structured athletic development.

MORE THAN JUST A WORKOUT

Through expert coaching and engaging, age-appropriate activities, kids develop the foundations to move with confidence, get stronger, and work together.



SPEED & AGILITY

Improve coordination, balance, and body awareness



TEAMWORK

Practice cooperation, discipline, and sportsmanship



STRENGTH FOUNDATIONS

Learn proper movement and strength mechanics



FUN & CONFIDENCE

Build skills and enjoy being active through games and challenges

THE DETAILS



6-WEEK SESSIONS

Fall session runs Nov. 8-Dec. 13



WEEKEND CLASSES

Sundays @ 12:00-1:00



READY TO GET MOVING?

Scan the QR code to view more details and register!

