



YOUTH FITNESS CHALLENGE SPRING 2010



Get Healthy and Have Fun with CATZ!

The Spring 2010 CATZ Youth Fitness Challenge combines fitness and nutrition to promote lifelong healthy habits. The CATZ challenge introduces a fun-filled exercise program in an atmosphere where kids feel like they are “just playing”!

BENEFITS FOR CHILDREN:

- Increase brain activity and function
- Improve cardio-respiratory fitness
- Burn calories and manage weight
- Increase confidence and self-esteem
- Create a positive attitude and mood
- Improve over-all health & quality of life

Session Dates & Times:

Fitness Challenge Dates:

April 5th thru June 11th

Options for Session Times:

(Choose any 2 work-out times per week for your grade).

Students in Grades 1, 2, and 3:

M,W,TH:

4:15pm to 5:00pm

T, F

5:00pm to 5:45pm

Saturday:

9:15am to 10:00am

0:15am to 11:00am

Students in Grades 4 and 5:

M,TH,F:

4:15pm to 5:00pm

M,W:

5:00pm to 5:45pm

Saturday:

11:15am to 12:00pm

CATZ OF COMMACK
152 Veterans Memorial Hwy
631.486.8933
commack@catzli.com

Program Details:

- 10 week, points-based Fitness Challenge!
- Kids workout 2-time per week, 45-minutes
- 2x-monthly Nutrition meetings
- Challenge categories include:
 - Workouts
 - Nutrition
 - Volunteer Work
- The more active kids get, the more points they earn.
- Prizes for the Top (3) finishers per grade!



Please fill out the information below, issue a check for \$ 249.⁰⁰ made out to “CATZ”. You can also stop in our Commack location and pay in person, by cash, check or credit card. For more information please contact: jason@catzli.com

Name: _____ Age: _____ Grade: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Email: _____ (2) Days & Times For Class: _____