



In partnership



Day



In our continued effort to provide information and services to our community we are providing a free fitness workshop for children June 3rd. This one hour workshop will introduce children and their parents to age appropriate strength exercises and the necessary technique and form to implement the movements safely.

Sessions will be supervised by Cody Foss Director of Speed Programs for NYA and The Fitness Loft.



Parents are welcome to attend and encouraged to learn the appropriate cues and technique to properly supervise their children when working out. General questions regarding nutrition, flexibility and strength will be addressed. Each student will leave having a better understanding of how to work out safely and efficiently.



Date: June 3rd Thursday

Time: 4-5pm for High School and College-aged students

Time: 5-6pm for 5th-8th grade aged students

Location: The Fitness Loft

Cost: Free

Mandatory Sign up if you want to attend.

E-mail: cfoss@newtownyouthacademy.org

or call: 203-304-1400 The Fitness Loft



203-304-1400 www.thefitnessloft.org
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