



Summer Kid Fit 2018!

Jen Allan Fitness is offering a summer fitness program for 1st through 6th graders.

When? 6-4, 6-11, 6-18, 6-25, 7-2, 7-9, 7-16, 7-23, & 7-30.

How often? Once a week on Monday mornings.

What? A combination of fun games and fitness incorporating strength, cardio, and core!

Cost? Prepaid class cards are used like punch cards & 1 class covers all of your kids. \$45 = 4 classes, \$80=8 classes, \$115=12 classes. Cards can also be used for Moms' Fit Club or any other 30 minute Jen Allan Fitness class.

Time? 9:30am - 10:00am

Where? Creekside Park 5601 W. Las Positas Pleasanton

Interested? Contact Jen at 925-699-7725 or email: jen@jenallanfitness.com