



MOBILE FITNESS AND FUN IS COMING TO HCA! Tuesdays • 3PM-4PM

Our program is designed to promote health and fitness as a lifelong habit. Our highly trained teachers and award-winning classes have earned My Gym the reputation as the best physical early learning program of its kind. Each week, your child will participate in a 60-minute class that includes fitness activities, games, relays and other original activities. My Gym Kids have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. The most important benefit we offer, however, is the building of confidence and self-esteem.

13 weeks (9/17-12/17)
\$390 made out to HCA



CHILD'S NAME: _____ **DOB:** _____

PARENT'S NAME: _____

EMAIL: _____

CELL PHONE: _____