

CONSTRUCTION ZONE

Personal training – Nutrition – Corporate wellness



Junior Fitness

Training and Competition!!!

Do you have a daughter who **LOVES** to dance or who can do cartwheels like there's **NO** tomorrow? Then we have the perfect opportunity for you!!



You may be asking yourself:

- What is Jr. Fitness?
- Does my child have to know how to do choreography?
- Does she have to be a great gymnast?

The answer is no!

All the experience is gained through our training. All that's required is a desire to perform!

This is an excellent chance for kids ages 7-16 to perform a 90-second routine to their favorite music. The kids are divided into age groups (7-10, 11-13, 14-16) and are judged on stage presence and athletic ability.

Junior Fitness training includes

- ✓ Routine development
- ✓ Improved coordination
- ✓ A fun and exciting atmosphere
- ✓ A chance to make new friends

R.S.V.P to AG@Constructionzn.com
by April 28, 2010 for discounted rate.

When: Saturday May 8th 1:30pm-3:00pm

Where: Preston gymnastics East
8174 304th Ave. SE Bldg 1
Preston, WA

Cost: \$20 early registration \$30 at the door.

1410 19th Ave NW

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nutrition@constructionzn.com

Coaches are
Construction Zone's
Apple Grubbs
and
IFBB Pro
Rose Hendricks