



motion evolution

We have bodies that are meant to move! Regular physical activity can result in positive moods, blood sugar levels and increased ability to focus and pay attention.

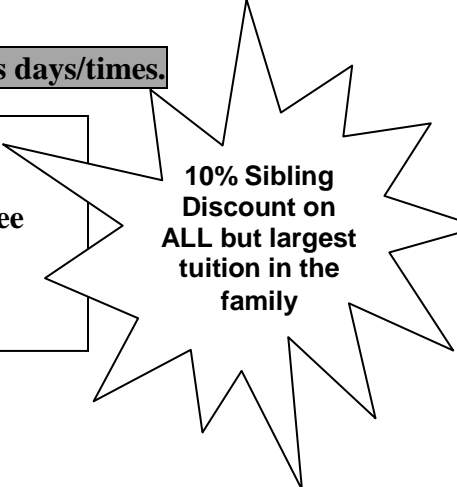
Team up with us as we help you teach your children about living a healthy lifestyle while increasing their physical fitness. Regular exercise and good nutrition help children to grow, to build strong muscles and bones and to develop important motor skills. *Motion Evolution* teaches the foundations of movement (tossing, jumping, kicking, balance, etc), giving children a greater fitness level and increased confidence. In our classes, children will learn about proper nutrition, and that exercise can be fun!

Motion Evolution is offered as a 60 minutes class (below) or as a component in our 90 minute Gym & Fit Star Kids classes.

	<u>Monday</u>	<u>Tuesday</u>	<u>Saturday</u>
Motion Evolution (MoEv)	4:30	4:30	11:45

Check our website all-stargymnastics.com for the most up to date class days/times.

Class Length	Tuition per Session	Annual Family Membership Fee
60 minutes	\$185.00	\$40.00



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