



Kids in Motion - Fun Fitness

Glow Light Dance Party & Run Club *This is a Lees Corner PTA Sponsored Event*

Glow Light Dance Party Tuesdays 3:45-4:45 K-5 on the Stage
Oct 1, 8, 15, 22, 29 Nov 12, 19, 26 = 8 classes (no class Nov 5)

Run Club Fridays 3:45-4:45 K-5 Gym/Outside
Oct 4, 11, 18, 25 Nov 1, 8, 15, 22 = 8 classes (none missed)

To Register: Discounted \$93.00 rate for Lees Corner PTA Members. \$97.00 rate for parents who are not a part of the PTA. Register: www.novakidsinmotion.com/registration/



Glow Light Dance Party This exciting one-of-a kind class takes the great music and dance moves from our Zumba, Hip Hop, and other dance fitness classes, but we switch it up to include strobe lights! This class will be set in a creative dance environment where the students will spend the class learning different dances to kid friendly songs and dance moves. Children are provided with mini finger flashlights to create a strobe light dance party! Children do get a work out from this class. Instructors are certified Zumba Kids instructors through Zumba International, which certifies them to teach 4-12 year old children, or they are experienced Hip Hop/Dance instructors. All instructors receive further training through NOVA Kids in Motion lead dance instructors.

Run Club is for boys and girls in grades K-5 who come out to run for fun and fitness! Kids run in groups with their peers. Throughout the class, coaches engage the kids in super fun running activities, such as sharks and minnows, tag games, relay races, and team racing competitions. We find that kids run so much more when we include running games or running competitions throughout the hour. During just running time, kids will run laps and track their distance/number of laps by picking up a popsicle stick at the completion of each lap and work toward running longer distances throughout the session. When weather permits, parents are invited to the last class of the session to run with their kids!

Contact us at: **703-927-8653** or eleni@novakidsinmotion.com

Visit: www.novakidsinmotion.com