

Join Miss Ruth and the  
***Whiz Kids Aerobic Team***  
*Dance/Exercise FUN for all...*

**WHICH CLASS IS BEST FOR YOU?**

**Tuesdays, 3:05-4:15 (Room B-18 at Jerabek)**  
**Wednesdays, 3:05-4:15 pm (Jerabek School Auditorium)**  
**Thursdays, 12:25-1:30 (Jerabek School Auditorium)**

**Fall Session begins**  
**September 11, 12, 13 2018**  
**Cost is \$96 for 12-week session**  
**(Sibling discount available)**

***WHIZ KIDS'* goals for children:**

- **IMPROVE ACADEMIC SKILLS THROUGH CONSISTENT RHYTHMIC MOVEMENT**
- **INCREASE CONCENTRATION, SELF-ESTEEM AND SELF-CONFIDENCE**
- **LEARN BASIC COORDINATION, FLEXIBILITY, BALANCE, CHOREOGRAPHED ROUTINES**
- **HAVE FUN WHILE EXERCISING IN A NONCOMPETITIVE, SAFE ENVIRONMENT**
- **DEVELOP A LOVE FOR PHYSICAL FITNESS THROUGH AEROBIC DANCE & EXERCISE**
- **PLAY AEROBIC GAMES AND LEARN CHOREOGRAPHED AEROBIC ROUTINES...**
- **PERFORM AT RANCH ROUNDUP AND OTHER FAMILY SHOWS**

**CLASSES FILL UP FAST...**

**DEADLINE TO REGISTER IS SEPTEMBER 8<sup>TH</sup>**

**DUE TO THE HIGH NUMBER OF STUDENTS IN EACH CLASS, I CANNOT ACCEPT PAYMENT AT THE CLASS**

**WHIZ KIDS INSTRUCTOR: RUTH BARR**  
**CERTIFIED FITNESS INSTRUCTOR AND JERABEK LIBRARIAN**

**TO REGISTER:**

EMAIL MISS RUTH AT [FIT2GOON@AOL.COM](mailto:FIT2GOON@AOL.COM).

FOR INFORMATION ABOUT WHIZ KIDS, PRICES, REGISTRATION FORM AND HOW TO ENROLL TODAY