



Stretch-n-Grow fabulously fun fitness for kids is designed to promote exercise and wellness among young children. Each fitness class incorporates the basics of exercise...warm-up, cardiovascular endurance, strength-training, stretching, and cool-down... all while teaching kids that exercise is fun and important for good health.

Classes are facilitated by
Certified Stretch N Grow Coach
Paige Strange.

INTRODUCTORY SESSIONS

Wednesday January 18 *
11 to 11:30a

Wednesday January 25 *
7p-7:30p

BTW Gymnasium

Register in Person

***Parent/Guardian must remain on site during classes**

BOOKER T. WASHINGTON
COMMUNITY AND RECREATION CENTER
100 MANSFIELD ROAD
CLEBURNE, TEXAS 76031
817-556-8858
WWW.CLEBURNE.NET

