



JOIN THE RUNFIT KIDZ TEAM!

The Bonnie Brae PTO is proud to bring back RunFit Kidz after-school this spring.

RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

Registration Opens February 13th at 8:00 AM

Class will be offered:

Tuesdays after-school: 3:20PM – 4:35PM starting March 21st – May 16th




Note: No class during spring break.

Details:

- Grade's 2nd – 6th (Have an interested 1st grader? email corky@runfitkidz.com)
 - Certified Professional Coaching provided
- Instruction on running mechanics, strength training, nutrition, pacing, and goal setting
 - Participants build self-esteem, confidence, and determination
 - Celebration 5K: Sunday, May 21st at Fairfax Corner

Registration Fee: \$110 per participant (*this includes the 5K*). *Note: processing fees and payment options can be found on the website.*

Registration Includes: 8-weeks of professional coaching, T-shirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

For updates follow us on    @Runfitkidz

Don't Delay - Register on Feb. 13th at www.runfitkidz.com