



Mini Moves Fitness Circuits (for 7-12 year olds)

For an action packed fitness class, Mini Moves Fitness Circuits offer an energetic alternative for children's fitness.

The 45 minute Fitness Circuits include:

- **A group warm up activity**
- **30 minute circuit including 10 stations that address cardiovascular fitness, skill development, balance, strength, coordination and agility (lots of running is included between stations)**
- **A group cool down/stretching**

Mini Moves Fitness Circuit instructors will be equipped with 15 pre-choreographed circuit classes that will be repeated for 3-4 consecutive weeks each. This is 45-60 weeks worth of circuit classes. The circuits are so dynamic, boredom will never be an issue and children will always be challenged in every area of fitness.

Mini Moves instructors will also be equipped with some additional items including an agility ladder, small hurdles, fitness balls, target mats, and a mini tramp.

Instructors can sell a class for \$10-\$12 per session but take bookings by the term.

The Mini Moves Fitness Circuits course includes:

- **15 pre-choreographed Circuit classes (45-60 weeks worth of sessions) presented in a manual illustrating the lay out of the circuits and photos of each activity in action**
- **All additional equipment**
- **CD**
- **Circuits Operational Manual**

The accreditation course and package will be available in July 2007 (fees to be confirmed)