

# Motion Evolution

*Establishing and reinforcing lifelong habits which nurture **physical, mental, and emotional** wellness.*

- Motion Evolution focuses on improving the fitness level of children whether you are an athlete getting ready for the season or a beginner just getting started.
- This program will improve your child's fitness level in a fun and safe environment.



## Class Times:

Monday  
(Coach Justin)  
4 - 4:55 K-2<sup>nd</sup>  
5 - 5:55 3<sup>rd</sup>-4<sup>th</sup>  
6 - 6:55 5<sup>th</sup>-8<sup>th</sup>

Wednesday  
(Coach Andy)  
6 - 6:55 K-8<sup>th</sup>



- Motion Evolution is a comprehensive **youth fitness program** unlike any other.
- By positively influencing children's **wellness and fitness** and integrating exercise into a **healthy life concept**, Motion Evolution counteracts the forces encouraging obesity.
- **InterActive Academy** has been specifically selected and **exclusively licensed** to offer the Motion Evolution program in this community!
- The program will **empower children** by increasing **self-esteem**, building a **healthy lifestyle** and implementing proper **nutrition** habits.