



Fitnastics: Home School P.E.

Do you, or someone you know home school???

Motion Matrix's Fitnastics Home School P.E. class combines general fitness alongside elements of gymnastics. This class is designed to get your home schooler moving, in a fun environment, while increasing endurance, strength, flexibility, balance and body awareness. This class is full of challenging activities that stimulate the brain by making your kiddo think, focus and concentrate; Fitnastics is great for developing strong minds and bodies! Join us for lots of fun, physical games and social interaction while increasing cardio endurance and fitness levels!

Fitnastics Focuses On:

- ✓ Cardio Based Activities
- ✓ Group Games
- ✓ Developing Cooperation
- ✓ "Success-oriented" Attitudes
- ✓ Perseverance
- ✓ Focus
- ✓ Poise
- ✓ Confidence
- ✓ Team Building
- ✓ *Lots of Fun!*

We offer classes for home-schoolers that are discounted from our regular class prices conducted during non-peak hours!

Call Us For More information!



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