

Ask about the 2016 Community Fest Special

# After School

## Fitness Program



**Limited Space Available**

Fall 2016 Indoor Cycling Program  
October 3rd, to December 16, 2016

Ages 10 to 16

**2 Sessions Daily**

**2:30 to 3:15**

**3:30 to 4:15**

**Flat Rate \$405**

**Our program focuses on motor skills, hand-eye coordination, balance, flexibility, focus, and socialization.**

**The Fitness Workshop**

396C Rockaway Avenue, Valley Stream, NY 11581

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fitworkshop@yahoo.com

*The  
Fitness  
Workshop*