



International School of Arizona

After-School Fitness Fusion

YOGA



Wednesdays

Time: 3:15-4:00PM

Ages: 3-6

Fall 2011 Session Dates:

Session Cost: \$225* Sibling Cost: \$215

August 17, 24, 31

September 7, 14, 21, 28

October 5, 19, 26

November 2, 9, 16, 30

December 7, 14

Spring 2012 Session Dates:

Session Cost: \$225* Sibling Cost: \$215

January 4, 11, 18, 25

February 1, 8, 15, 22, 29

March 14, 21, 28

April 4, 11, 18, 25

A minimum of 6 students are required to start the class.

Make checks payable to ISA

Fitness Fusion is a YOGA based movement program that focuses on strengthening the MIND BODY connection while building strong foundations for higher learning. Fitness Fusion uses STORY TELLING to engage children in their imagination while taking them on amazing fitness adventures.

BENEFITS INCLUDE:

- Develop balance, flexibility, coordination and strength
- Strengthen the connection between Mind and Body
- Discover rhyme and reason
- Build confidence and self-esteem
- Develop 12 senses
- Express individuality and creativity

AND MUCH MORE!!!

Registration Due No Later Than Friday, August 12th (Fall) or Friday, December 9th (Spring)

MEET THE TEACHERS: *Jeanene!*

Jeanene or “Yogini Jeanie,” is a pioneer in the creation and development of unique children’s physical programs.

To enroll: complete an Extra-Curricular Activity Registration Form and submit the applicable fee to the school office. Forms can be downloaded from the website and are available in the front office.

CONTACT:

www.fitnessfusionforkids.com

Jeanene Farley: 480.233.3729

jfarley@fitnessfusionforkids.com

International School of Arizona

9128 E. San Salvador Drive
Scottsdale, AZ 85258
(tel) 480-874-2326 www.isaz.org
(fax) 480-663-6894 isa@isaz.org

2011-2012 School Year

International School of Arizona, as a non-profit 501(c)(3) organization, welcomes students of any race, color, creed, or ethnic origin.