

# Bradley Beach Recreation Kid and Adult Fitness Classes

Let's Play Today®  
t-shirt for new  
participants!!!



Let's Play Today® is a mobile kids' fitness company that focuses on fun, positive reinforcement and encouragement. During each class kids will develop their cardiovascular endurance, muscular strength, balance, flexibility, and confidence. The age appropriate activities are played in a safe, non-competitive, empowering environment.

## KICKIN' KANGROOS

Ages: 3-5

Cost: \$60 for 6 weeks

Tuesdays

Time: 1:30-2:15pm

Session Starts:  
March 8th

## CARDIO KICKBOXING

Cardio Kickboxing is a high energy, calorie burning blast! You will learn the basic kickboxing punches and kicks to use in combinations that will be repeated over the 8 week session. Strength training segments may also be mixed in throughout the hour. This class is great for almost any fitness level offering options to take it at your own pace, while still challenging enough to "take it up a notch" when you feel ready.

Never taken a group fitness class before?

.....then this is the place for you!

\$10 for single class  
No registration for single classes  
\*\*\*Space is limited\*\*\*

## CARDIO KICKBOXING

Ages: 12 to Adult

Cost: \$55 for 8 weeks

Thursdays

Time: 6:45 – 7:45pm

Session Starts:  
March 10th

TO REGISTER FOR CLASSES...

Call Jennifer: 732.239.0763

Or email [jenniferdekenipp@hotmail.com](mailto:jenniferdekenipp@hotmail.com)

Visit [www.shorepointfitness.com](http://www.shorepointfitness.com) for more information.

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