



Check out these new classes by CaliKids Fitness!

CaliKids Fitness | Parent and Me Class (14 months- 2.6 years)

This focuses on exercise and bonding with your child through the introduction of tumbling and vestibular skills, songs, dance, cooperative parent and child warm ups, games and puppets. The children in our class flourish as they are encouraged to try new skills through positive reinforcement for self-reliance and following directions.

CaliKids Fitness | Tumbling Tots (2.9 -5 years)

Strength, flexibility and agility are increased, as our experienced and knowledgeable instructor introduces tumbling and vestibular skills. Geared to build confidence and self-esteem with the safest spotting techniques and communication through verbal skills and body language. Our goal for the class is to make fitness and exercise fun. We really want each child in the class to find their core strength and become comfortable in their own movements.

Register at: <http://www.slocity.org>

Spaces are limited and filling quickly, so make sure to grab your spot today!

For more information contact Brittney at:



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