



KIDS EXERCISE CLASSES AND WHY ARE THEY IMPORTANT

Do your students get the recommended daily dose of physical activity each today?

The U.S. Department of Health and Human Services recommends that children be physically active for at least 60 minutes a day. Childhood obesity is at its highest rate which leads to higher risk of many diseases such as heart disease, diabetes, hypertension and other health conditions. It's pertinent that children have a healthy, active lifestyle in their early ages which will also benefit them from when they grow into an adult.

How can a fitness class benefit the kids?

Less likely to be overweight, body fat control, decreased risk of diabetes, lower blood pressure, lower cholesterol, strong muscles and bones, better sleep. Strong emotional well-being, positive outlook on life, possible link to better academics, increased concentration and focus, making new friends, learning about teamwork

Who are we?

Goldens Sneaker fitness is run by Kausar Rasul certified Personal Trainer, Fitness and Nutrition expert, Certified Zumba kids, Zumba, Zumba Strong and Zumbini Instructor with ~Mission to make fitness fun and convenient for everyone especially moms and kids.

We would like to offer “Kids Bootcamp class”. These fitness classes are a great option for non-competitive physical activity while also appealing to varying levels and ages.

It incorporates circuit courses, obstacle courses, dances and games which are a great way to integrate aerobic fitness with muscular endurance, balance and flexibility activities.

How long is this class?

45- 60 minutes

What if my kid is not athletic or in shape?

It doesn't matter! We vary our workouts to each individual so any child of any fitness level can participate.

What will my child do during a class?

Classes begin with a warm-up and stretching and then move on to various group exercises, partner work and other fun fitness activities which will help kids increase speed, power, agility, balance, coordination and mental strength.

How old does my child need to be to take a kids class?

4-8