



physical education



sport lessons

circuit training

games

relay races

cardiovascular exercise

and more...

child fitness &  
nutrition program

704.277.2327

A Launch Your Kid Program



## What is GYM 101?

Gym 101 is an advanced children's fitness & nutrition program that teaches children how to have a healthy body.

## Why GYM 101?

1

According to the American Academy of Pediatrics, the number of preschool-aged children that are overweight has doubled in the last three decades due to lack of physical activity.

2

Children involved in regular & structured exercise earn better grades & have better social skills than those who are not.

*Launch Your Kid is the leader in activity-based enrichment programs for young children. Our programs are specifically designed to engage your child's passion and introduce them to a world of opportunities.*



## Every Gym 101 class includes

- Warm-up
- Strength Building Exercise
- Aerobic Activity
- Team Building Lesson
- Stretching & Cool Down

learn more

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