



Amazing Athletes®

NOW AVAILABLE AT ROYAL PALM RECREATION

We use sports as a catalyst to promote positive character traits and healthy lifestyle choices

CLASS OVERVIEW

Warm-Up
Stretching
Mr. Ladder

Active Education

Active Sport

Patient Sport

Cool Down

Starts January 13, 2023

Amazing Tots

FRIDAYS

9:30 am-10:05 am

Amazing Athletes

Fridays

10:15 am - 11 am

ENROLL HERE -
AMAZINGATHLETES.COM/NPB

ENROLL NOW