



NINJA MOVE

QC NinjaMove is proud to be an innovator in providing a youth fitness program founded on the competitive and recreational sport of "Ninja". We offer 7- week sessions and classes are comprised of 6 students. Each class lasts 50 minutes. Curriculum-based, age-appropriate instruction is provided. We have the only unique "Ninja" course in the QC area where curriculum and instruction are provided for students ages 4 to 9. We wish to instill within our students a sense of accomplishment and positive self-image in an environment where learning the fitness lifestyle is safe, rewarding and fun!



Register: Cost is \$99 per session
PARKS.CITYOFDEWITTIOWA.ORG

Saturdays January 11 – February 22

Sundays January 12 – February 23

Ages 4/5: 1-1:50 PM

Ages 6/7: 2-2:50 PM

Ages 8/9: 3-3:50 PM

Repeats Only Ages 6-9: 4-4:50 PM

Classes held at DeWitt Fitness Center.
900 14th Street, DeWitt, Iowa. (563) 659-5127

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