



# 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 2 to 8. 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:

[PARKS.CITYOFDEWITTIOWA.ORG](http://PARKS.CITYOFDEWITTIOWA.ORG)

Classes begin October 21, 2019.  
First session runs through Dec. 7th, 2019.  
Classes offered on Monday, Tuesday, and Saturday. Classes are for ages 2 – 8.  
Cost is \$99 per session.

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

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