



The FUN BUS, a structured FITNESS program for children, visits your school once weekly. The cost is only \$40.00 (additional siblings half price) due on the first of every month with a \$10.00 registration fee due one per calendar year ! All newly register children will receive a FREE FUN BUS T-SHIRT to wear every FUN BUS day !!!

Our 30 minute classes begin with a warm up period including stretches and exercises. The circuit training period is set up “ obstacle course “ style with many different stations and equipment for the children to move through. We have many different FUN activities to rotate and incorporate into the program weekly to focus on upper body strength, lower body strength, balance, coordination and gross motor skills. Other skills including colors and numbers are also incorporated into each lesson. The children sing, tumble, swing, slide, climb, stretch, clap, hang and skip all to age appropriate music and always with two instructors for safety spotting.

We end our session with FUN cool down activities and games. The bus never moves with children aboard. The keys are always taken OUT of the ignition as the heat and air conditioning are independently run by a generator. We always have safety cones and signs outside of the bus. I am also USA GYMNASTICS safety certified, and always practice safety first. We are also INSURED and FIN-GERPRINTED.

This is a very safe, positive, non-competitive FUN physical fitness program designed for children ages 2-7. With obesity and diabetes in children on the rise we need to teach our children at a young age that exercise can be FUN, and that is what the FUN BUS is all about ! FITNESS FUN ! Please visit our website for more information, or fee free to contact me by phone with any questions.

Thank you and have a FUN DAY !!!

Rich and Lisa McKenzie
Fun BUS, FITNESS Fun on Wheels

Phone : 1-877-327-3860

Classes will be held on Wednesday's Afternoon