

Welcome to Stretch-n-Grow



by Stretch-n-Grow

WHERE FITNESS MEETS FUN

FITNESS STARS 5 POINTS OF SUCCESS:

- Fun, Age-Appropriate Exercises
- Future Sports and School Readiness
- FUNtastic Themed Curriculum Kids Love
- Focus on emotional Intelligence
- Formal communications with emails and social media

It is a fun, action-packed fitness class where kids learn strength, endurance, flexibility, balance and how healthy foods fuel their bodies. Watch your kids develop focus and gain self control from physical activity that will help with school and sports readiness and skyrocket them to their next milestone...all while making friends and having FUN!

Questions? Contact
kjohnston@stretch-n-grow.com

Your child will be attending weekly Stretch-n-Grow fitness classes at their school. Please have your child wear tennis shoes for classes each week. We can't thank you enough for allowing us to work with your children to teach them the value of a healthy life-style! Stretch-n-Grow has been bringing the most fun, engaging, educational fitness program to thousands of little ones across Richmond, VA for over 18 years. We are committed to bringing you the most fun, energetic classes around – with top quality, certified coaches and skill-specific curriculum!

CONNECT WITH US!



@stretchngrowva



stretchngrowva.com

Through Fitness Stars, we know how to capture that high energy so common in preschoolers and turn it into an adventure.

