

PowerUp® Fitness Instructor Bundle

PowerUp Fitness Classes | Set 1

PowerUp for FITNESS CENTERS

Six-Week Lesson Plans: Set 1
Fitness Programming for Youth 6-12 Years Old

PowerUp Fitness, LLC

Six weeks of PowerUp Fitness Classes. Each week features two classes that include a warm-up, muscle endurance and strength exercises, and PowerUp play activities to make kids' fitness fun! It's a group exercise class for youth fitness members!

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PowerUp® Fitness Instructor Manual

PowerUp Fitness, LLC
PowerUp Fitness
www.
Power
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PowerUp Fitness, LLC
PowerUp Fitness
Certified Instructor
Your Name Here
Email: Your Email Here
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PowerUp Fitness® Instructor Training

PowerUp Fitness®
FOR FITNESS CENTERS, SUMMER PROGRAMS, HEALTH CLUBS, & MORE

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