

GIRLS & BOYS AGES 7-12 YEARS OLD

KIDS FITNESS CHALLENGE

ARE YOU A WARRIOR? READY FOR A CHALLENGE?



ikeiperformance.com

Over \$1,000 in prizes

Your Chance to Win:

- Autographed NFL Football
- Autographed #55 Travis LaBoy Arizona Cardinals Jersey
- 20 Free Personal Training Sessions
- 5-day Sunfare personal gourmet meal delivery service
- Exclusive 300 Club T-shirts

Kids Fitness Challenge

for girls and boys ages 7-12 years

Five simple exercises: Pull-up, Push-up, Squat, Sit-up and 300 yard Run determines who is fit and who tends to sit. Everyone can do it and everyone wins, but the one with a heart of a champion and pride of a warrior will make the record board. Challenge your friends, classmates, teammates to see who is a WARRIOR.



\$25 per person, \$35 for two participants

Sessions held weekly, call for times & availability
limited to 4 participants per session

Adult & Junior (13+ yrs) Fitness Challenge also available

call

480.657.6937

info@ikeiperformance.com

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SCOTTSDALE

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CHANDLER

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