



Mindful Bodies

A Mental and Physical Health and Wellness Company.



Fit Kids (FK) / Fit Teens (FT) Classes & Parties

Our mission is to increase mental, physical, emotional & behavioral health & wellness through programs, products, and services for all people.

EFFECTIVE: Mindful Bodies' Fit Kids/Fit Teens (FK/FT) classes & parties consist of fun and interactive physical fitness activities. We offer classes & parties at summer camps, after-school programs, churches, day cares, schools & at various events. We can customize our classes & parties to meet the unique needs of any organization, agency or family.

EFFICIENT: Mindful Bodies' FK/FT classes & parties consist of 4 class types:

Fit Games – Fun fitness activities are done in partners or in small groups. Examples include fitness versions of Red Light Green Light and Bingo or Active Stories where students perform movements when a word is said in the story. Fit Games also include the FK/ FT instructor taking students on a hike where they are asked to climb, crawl, jump, and leap while pretending they are navigating their way through the forest.

Fit Drills/ Intervals – Fitness drills from sports such as soccer, basketball, football, tennis, golf, dance, aerobics, track, and other sports are performed across a gym floor or in timed intervals to energetic music with rest periods in between each exercise. Students are asked to be co-leaders with FK/FT instructors and help demonstrate & teach their classmates exercises.

Fit Stations/ Circuits – The gym is divided with traffic cones into 4 to 6 activity stations. Groups of students spend between 2 to 5 minutes in each station where they perform fun exercises to energetic music. Boot camp stations and circuit classes can have themes such as the circus, space, nature, the county fair or amusement park and each station's exercises fit into the theme. For example a circus themed circuit would have stations that allow children to juggle objects, leap, and balance.

Zumba Kids/ Zumba Kids Jr.—Classes are designed exclusively for kids (ages 4-6 and 7-11 respectively) to combine movement, music and community in a class for children. These two classes are rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Zumba® Kids and Zumba® Kids Jr. inspire kids to express themselves through movement and play while effectively improving their overall health and well-being. Kids love it because it's on the cutting edge and fun, and parents love it because it's active, fun, and for the effects it has on kids – increasing their focus and self-confidence, boosting metabolism, and enhancing coordination.

AFFORDABLE: FK/FT Classes- \$60 for 1 hour, \$45 for 45 minutes, and \$30 for 30 minutes.

FK/FT parties cost \$60—\$120 per hour depending on the size of the party and activities requested.

Sign Up Today for our **Fit Teens/Fit Kids Programs:** visit www.mindfulbodies.net or contact our Director Shawnta Wright at 919-812-3172 or swright@mindfulbodies.net.

Visit us on the internet at www.mindfulbodies.net to learn more about our mental health therapy, weight management programs, physical fitness programs, and workshops/ seminars.



Shawnta Wright, MA, LPCS, LPC, NCC, is a Licensed Professional Counselor Supervisor, a Licensed Professional Counselor, a National Certified Counselor, an AFAA certified group fitness instructor & personal trainer, a licensed Zumba instructor & the owner of Mindful Bodies. Shawnta has more than 15 years of experience working with adults, adolescents & children. Shawnta's specialty counseling areas include weight management, binge eating disorder, stress management, self esteem, marriage and family therapy, domestic violence & sexual assault. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency counseling from NCCU. Shawnta is also the former coach of the Durham Senior Divas and Dude Cheerleading Team.