



# OCT 1, 3, AND 8TH

2:00-3:30 PM - classes held on the campus of St Michael's Catholic School



**WHY?** Using physical activity and powerful nutrition to build and support self-esteem, develop character and nurture the Divine vessel that was given just to your child!

**SHEPHERDS FLOCK** Faith in Action, our 2018 program highlights include a 3 session class focused on cooperation & respect, character & sport, and play vs competition. This fall endurance program implements large body movements to improve cardiorespiratory fitness levels, upper and lower body strengthening techniques, core stability and balance and optimal nutritional choices. Relays, games, obstacle courses, & team challenges encourage fitness in a dynamic and supportive way that encourages participants to embrace a lifestyle of health and wellness.

### WHAT YOU WILL RECEIVE:

4.5 hours of instruction, nutritional snacks, family take home and purpose filled play! As well as entry into the Generation Endurance *taste of cross country* event on Oct 2rd at Fish Lake Park - Additional details will follow with class follow up.



*"Your body is a temple...honor God with your body."* 1 Corinthians 6:19-20

### REGISTRATION:

Online @ [www.generationendurance.com](http://www.generationendurance.com)

Deadline for Fall Registration is Sept 28th

FREE registration for your child for YOUR volunteering as a set of watchful eyes!

Contact PamBaker@GenerationEndurance.com

