



FITNESS THEMED PARTY

Invite your guests to participate in fun and energetic games that are sure to raise your heart rate!

Activities will include:

- ❖ Fitness Testing- Show how high you can jump, how flexible you are and how fast you are compared to your friends
- ❖ Fitness Games- Compete in relay races, climb through tunnels, run, skip and hop
- ❖ Ball Games- play soccer, hockey, bat and ball or hoop throwing games
- ❖ Kids on Machines- Test your strength on our state of the art fitness equipment and then show off your new muscles!

The kids are happily exhausted by the end and ready to sit down for something to eat and to enjoy the rest of the party!

All parties have a nutritional, healthy menu to choose from included in cost!

