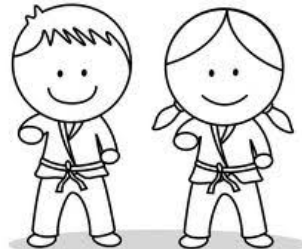




## FAMILY FITNESS FUNDAY: KARATE Sunday, October 15, 2017 - 10a – 12p



Please join us on October 15<sup>th</sup> for our first Family Fitness Funday of the 2017-2018 school year!

Family Fitness Fundays are sponsored by the Wellness Council of the Parents Association and are intended to offer a chance for family exercise and fun! (and bagels ☺)

For this Funday, instructors from the International Karate Center of Forest Hills will lead us in a karate-inspired fitness session. Our session will be a great chance to learn and try new moves and get a great workout with your family and other PS196 families.

Children, parents, grandparents, caregivers – all are welcome! Cost is \$5 per person, suggested - cash, or check made out to PA of PS196.

The fitness class will be from 10a-11a in the PS196 gym. A bagel brunch will follow in the cafeteria, from 11a-12p.

**Space is limited - please RSVP by Wednesday, October 11th!**

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**Please complete the information below and return, with your payment of \$5 per person (cash, or check made out PA of PS196), in an envelope labeled Fitness Funday**

Name of participant & Age/Class (if child)	email
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1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

If you have any questions, please email [Wellness196@gmail.com](mailto:Wellness196@gmail.com)