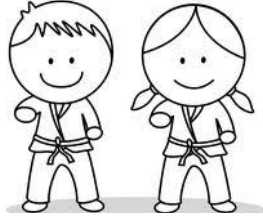




## FAMILY FITNESS FUNDAY: KARATE Saturday, November 10, 2018 - 10am



Please join us on November 10<sup>th</sup> for another great Family Fitness Funday of the 2018-2019 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 Tiger Schulmann's in Rego Park will lead us in a karate-inspired fitness session. You will get a great opportunity to learn and try new moves and enjoy 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 7th!**

**You can register online at [www.pa196.org/karate.html](http://www.pa196.org/karate.html)**

OR

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

1. \_\_\_\_\_

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

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

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

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