

## **A Fitness Party can be held inside or out!**

We come to your home, neighborhood parks, little league fields, Parks and Recreation centers, and just about anywhere!

The activities, exercises, and various themed classes (pilates, boot camp, lifting weights, obstacle courses, just to name a few) can be held almost anywhere.



Of course if it's outside, the kids might come back a little dirty but I guarantee you, you'll be the talk of the town and the kids will be asking when their next *Fitness Party* will be!



Let us organize the activities so you can run the show and enjoy your child's party with him/her! We know you will be running around meeting and greeting the parents/invited children, getting the cake ready, and you need both hands to make that video and take pictures to document and show to the family! We are here to help and have fun!



Contact us today so we can discuss and brainstorm on the many possibilities of what theme, activities, and events you want to have at your child's *Fitness Party*! We work with all age groups from five year olds to teenagers! We supply the materials/equipment that is age appropriate to make their party a hit!

Being in the health and fitness related field for over 18 years, Jessica Milligan brings a diverse background and knows how important it is for adults to move, be active, and lead a healthy lifestyle! Jessica sees our children becoming more and more sedentary and now enjoys relaying this message to kids and teens of all ages!



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## How are you going to occupy 5 year olds at your sons/daughters' next birthday party?

Host a *Fitness Party* with their very own Personal Trainer to run them around, play hide-n-seek and other structured games, be a leader in their own boot camp workout (think hula hoop, jump rope, tug-of-war, cone and hurdle drills) the possibilities are endless and the kids love it!



Have some great memories watching a bunch of 10 year olds maneuver through an obstacle course, combat one another through team-building drills, and work their way through exercises like they see on TV! The kids think they are so cool!



*Do you have active kids?  
Do your kids love running around and playing outdoors?  
Is their next birthday party or sleep over coming up?*

## Some popular themes of our Fitness Parties are:

Obstacle course  
Boot Camp  
Pilates/Yoga  
Aerobics/Dance  
Sports Games  
Tug-of-War  
Water Balloon Tag  
Kickball  
Lifting Weights



## Having a girls' sleep-over?

Before its movie and sleeping bag time, wear them out with a Pilates class with their own Personal Trainer just for her and her closest friends!



## Sit back and let us do the work while you enjoy your child's next Fitness Party!

- We supply the equipment that is needed
- We keep the party organized and running smoothly
- We keep the kids occupied, active, and having the time of their life!

