



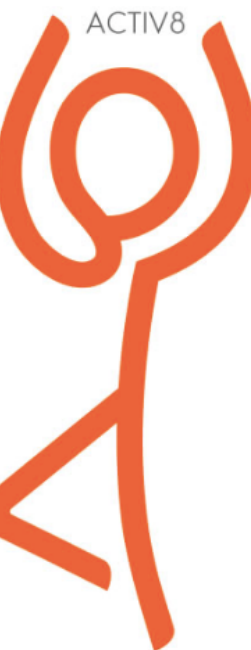
# ACTIV8

Activ8 develops cardiovascular fitness as well as strength and coordination. Children expel energy while enjoying the fun group atmosphere. The easy to follow moves progress as children become fitter.

- Uses current pop songs
- Celebrates movement and music
- Children have fun and experience feelings of purpose and connection.
- Older students incorporate strength components
- Suitable for students of all ages and fitness levels.
- Improves fitness, confidence and resilience
- Affordable program cost

*To book, or to find out more about our programs, contact us:*

**MISSFIT**  
MOVEMENT



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DAILY FITNESS  
SESSION SOLVED

SPORTING SCHOOLS  
AFFILIATED

LINKS WITH POSITIVE  
EDUCATION

PROGRAMS ADDRESS  
ACARA OUTCOMES

WE CAN TAKE UPTO 4  
CLASSES AT ONCE

YOUR NEXT SPORTS  
DAY HEALTH HUSTLE

**ALL INSTRUCTORS:**

- ✓ police checked
- ✓ teachers or pre-service
- ✓ completed child safe environments
- ✓ expertly trained
- ✓ deliver quality programs