

Empower Your Mind, Body and Soul

Sixth through eighth grade girls are invited to join Mrs. Leeds’ new girls’ fitness lunch recess club. Come EMPOWER your mind by releasing negative thoughts and creating a positive self-image, with techniques how to calm your mind in stressful situations through breath! Come EMPOWER your body by stretching and working out doing various Barre, HIIT, Yoga and Pilates exercises! Come EMPOWER your soul by having FUN, making new friends and learning how to feed your soul with kindness, healthy foods and habits!

This club will be once a week and can become twice upon demand.

Girls will need a yoga mat to be left in the Dance room. I will supply wipes for each class to clean it. Girls may take off kilt and wear biker shorts/Nike pros/sweats/any shorts, sweats.

Class is bare foot

Cost is $10 a class $ 150 = This covers 15 classes, so ,15 weeks of once a week

Sign up below- Starts week of 10/18

Please send the below form to school along with waiver to participate in an envelope labeled MRS. LEEDS -Empower

Checks to Dana Leeds or venmo @Dana-Leeds-2

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_HOMEROOM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_HOMEROOM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENTS EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PARENTS CELL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Mrs.Leeds is a certified Barre (incorporates dance, yoga, Pilates) and Pilates reformer instructor through BALANCED BODY.