



**FRIDAY ENRICHMENT PROGRAM
9AM-12PM
\$10 DROP IN RATE
BEGINNING FRIDAY, JANUARY 29**

9:00-9:15 DROP OFF/SIGN IN

9:15 WARM UP/STRETCH OUT

9:30-10:30 RAW FIT TRAINING GROUP CLASS
(total body workout, cardio, agility)

10:30-11:00 YOGA

11:00-11:15 HEALTHY SNACK
(PROVIDED BY RFT)

11:15-12:00 OUTDOOR ACTIVITY, FREE PLAY, ORGANIZED GAME

12:00 pm PICK UP

PLEASE EMAIL
RACHEL@RAWFITTRAINING.COM TO SIGN UP

Raw Fit Training is located at 3129 Penryn Rd, Penryn (The Old Cattle Barron's building). It is owned by Rachel & Ryan Kaufman (Rocco, 2nd Grade, Savanna, 4th Grade)