

KineticKids
*Movement &
Mindfulness
Classes*

Fun classes
for children



HAPPINESS ★ HEALTH ★ GROWTH

First lesson FREE!



**Saturday Classes Start
22nd July 9:15am at
Aspley State School**

GAMES AND ACTIVITIES TO IMPROVE:

★perceptual ★motor skills ★balance
★strength ★coordination ★teamwork
★mind-body awareness ★relaxation



HAPPINESS ★ HEALTH ★ GROWTH

Register now for your free lesson.

For more information:
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