



December 1, 2017

Dear Parents:

God's Garden and My Gym are partnering together to bring you Ninja Warrior Training. The new classes begin in January.

The My Gym program is designed to promote health and fitness as a lifelong habit in a positive and nurturing environment. Our highly trained teachers and award-winning classes have earned My Gym the reputation as the best physical early learning program of its kind.

Each week, your child will participate in a 45-minute class that includes fitness activities, games, relays, sports, songs, dance, puppets and other original activities. My Gym Kids have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. The most important benefit we offer, however, is the building of confidence and self-esteem.

We are so excited to be partnering together and hope you will enjoy the class! Sign-up today – Space is limited! Contact the front desk for more information!

Sincerely,

*My Gym Ahwatukee and God's Garden Preschool*