

# Commit to be fit Kids' Event

February 20<sup>th</sup>

6:00 pm – 8:00 pm

RCPS Gymnasium

Featuring...

## Drums Alive Kids Beats Class

This cardio drumming, whole brain, whole body program is designed to get you rocking and rolling while having fun. Set to music, the fitness based program will keep you engaged throughout the class. This 60 minute format is designed for students in grades K-5. We welcome all abilities and no experience is needed. This program is led by Ignite Fitness, LLC.

Plus--additional kids' activities will be led by Commit to Be Fit.



This event is running in conjunction with the **SCHOOL SAFETY SUMMIT** being held from 6-8 pm in the RCPS Auditorium. Leave your children with C2BF for fun fitness activities while you attend this important event.

*\*We ask that all parents please stay on the RCPS premise (at the School Safety Summit or in the gymnasium) during the C2BF Kids' Event.*

