



Jacinta "Jaye" DeCohen
Owner | Certified Personal Trainer |
Group Fitness Instructor

MONDAYS, 3:30 - 4:30 PM



GRADES
K-5



WINTER/SPRING SEMESTER 2024 AFTER-SCHOOL CLUBS @ BIA

6-WEEK PROGRAM

REGISTRATION OPENS
DECEMBER 3, 2023

CLASSES BEGIN THE
WEEK OF JANUARY 29, 2024

FOR MORE INFORMATION, VISIT:
[HTTPS://TINYURL.COM/AFKIDS2024](https://tinyurl.com/afkids2024)
OR SCAN THE QR CODE

LEARN MORE



TO REGISTER (BEGINNING DECEMBER 3, 2023)
[HTTPS://TINYURL.COM/AGAPECITKIDSBIA2024](https://tinyurl.com/agapecitkidsbia2024)

FRIDAYS, 3:30 - 4:30 PM



GRADES
6-8



STRONG30



FUNCTIONAL Fitness
for young people





Jacinta "Jaye" DeCohen
Owner | Certified Personal Trainer |
Group Fitness Instructor

LUNES, 3:30 - 4:30 PM



GRADOS
K-5



SEMESTRE
INVIERNO/PRIMAVERA 2024
CLUBES
EXTRACURRICULARES @ BIA

PROGRAMA DE 6
SEMANAS

SE ABRE LA INSCRIPCIÓN
3 DE DICIEMBRE DE 2023

LAS CLASES COMIENZAN EL
SEMANA DEL 29 DE ENERO DE 2024

PARA MÁS INFORMACIÓN, VISITE:
[HTTPS://TINYURL.COM/AFKIDS2024](https://tinyurl.com/afkids2024)
O ESCANA EL CÓDIGO QR

APRENDE MÁS



UTILICE EL ENLACE PARA REGISTRAR
(COMIENZA EL 3 DE DICIEMBRE 2023):
[HTTPS://TINYURL.COM/AGAPEFITKIDS BIA2024](https://tinyurl.com/agapecitkidsbia2024)



VIERNES, 3:30 - 4:30 PM

GRADOS
6-8



STRONG³⁰



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for young people

