



IMPROVE

ACADEMIC PERFORMANCE
SLEEP QUALITY & QUANTITY
FOCUS & COORDINATION
BONES, MUSCLES & JOINTS

INCREASE

FITNESS LEVEL
ENERGY
SELF ESTEEM & SELF IMAGE

REDUCE

STRESS
RISK OF CHRONIC DISEASES

FUN-FILLED 35-45 MINUTE CLASSES



AFTER SCHOOL CROSSFIT KIDS PROGRAM

Instructed by certified fitness coaches

Marcus Lowther & Dani Young

Students will learn:

- proper movements & techniques
- health & nutrition
- teamwork

Call us at (302) 745-2348

or e-mail info@rivathletics.com

Zoom link: <https://zoom.us/j/4451092428>