Let Kids Move

**Time**: July 6 - August 14, 2020  
Wednesday & Friday 4:00-4:50pm

**Course description**:  
Physical exercise and brain development go hand-in-hand. When kids are active, their brains develop too! Kids who regular exercise also promotes self-efficacy in regards to health and self-image. This workout program is designed to be one of the most common and popular workout sets--perfect for children at all levels.

Wednesday: For the first workout we will be doing a 25 minute yoga sequence to stretch and workout our legs and core and then we will continue on to do a 25 minute high intensity full body workout. Be active and enjoy all kinds of athletic activities.

Friday: The training is split into four sections: 5 minutes of warm up, 15 minutes of cardiovascular activity, 15 minutes of strength conditioning and 15 minutes of flexibility training and cool down.

**Age requirement**: all ages

**About the instructors**:  
Wednesday's instructors: Megan Wu & Angie Li  
Friday’s instructors: Steven Zhang, Evan Huang, Matthew Li, Eric Huang & Catherine Zhou