

SKY P.E.

You've Never Experience FUN (and highly effective) FITNESS Quite Like This!

Looking for an alternative to traditional P.E.? Bring your students to SKY P.E. – a FUN FITNESS program performed entirely atop the patented, all-trampoline, walled playing courts of Sky Zone Indoor Trampoline Park! Here's how it works:

- 1) Students take part in 30-minute structured SkyRobics fitness class
- 2) 15-min talk on the fitness and wellness benefits of trampoline fitness.
- 3) Students spend remaining 30 minutes jumping, playing 3-D Dodgeball or soaring into the always popular Foam Zone.
- 4) Longer programs of 90 or 120 minutes also available.

Sky Zone is FUN FITNESS, period. Plus, there are many total body fitness and wellness benefits of trampoline fitness that you and your students will learn about. Book today and come experience FUN FITNESS at its finest!

COST: Just \$6 per person for qualified groups*

**For more information,
phone (916) 644-9966**

**Select times available; min. of 20 participants required; tax additional unless valid tax-exempt form presented*

***Sky Zone waiver is required for each participant.
Under 18 must have waiver signed by their parent or legal guardian.***



SKY ZONESM

www.skyzonesports.com