



Exciting
Enrichment
Classes this
Fall!

Enrichment Classes and Clubs

- Garden Club
 - Tumbling Classes
- Registration Opens in the Fall!
*Additional fees will apply



About Our Program

The Fitwize After School Enrichment Program is a unique program, available Monday-Friday, 2:45pm-6:30pm. We provide transportation in our safe, clean, seat-belted vans, driven by experienced, licensed drivers, from most Ashburn elementary schools and some middle schools. Discovery students are transported by a LCPS bus. Our program is comprised of five pillars of healthy living.



Daily Themes

- Muscle Monday
- X2 Tuesday
- Way Back Wednesday
- TRI Hard Thursday
- Fun Fridays



COMMUNITY SERVICE

INSPIRE Community Service – students actively participate in monthly-themed service projects that will engage and encourage children to give back to our community, all while learning how to serve. Our motto? Inspiring Kindness, Growing Compassion, Giving Back, Changing Lives.

Annual Breast Cancer Fundraiser – we partner with Broad Run High School to raise money for a local organization, The Loudoun Breast Health Network (LBHN). LBHN assists Loudoun County residents who have been diagnosed with breast cancer through programs that are designed to provide financial and emotional assistance to clients and their families.

Fitwize Pillars of Healthy Living

-  **Fitness Program:** 60-minutes of daily physical fitness provided, developed and led by our Certified Fitness Instructor.
-  **Nutrition Program:** Our hands-on program, developed by our Registered Dietitian and Certified Specialist in Sports Dietetics, makes learning about nutrition simple and fun. Children explore the importance of healthy eating habits through our interactive activities and monthly seminars.
-  **Academic Support & Technology Center:** 45-minutes of homework and technology time, Monday-Thursday.
-  **Character Education:** We teach children the importance of character traits, such as, kindness, integrity, compassion, respect, responsibility, caring, courage and citizenship.
-  **INSPIRE Community Service:** Children will participate in a variety of community service projects throughout the year. These opportunities will give them the satisfaction and pride that come from helping others, and provide them with the sense of community, and being a part of a family.



WHAT THE RESEARCH SHOWS

Why 60 minutes of daily physical activity and why teach nutrition education? According to the Center for Disease Control & Prevention, 60 minutes of exercise each day, can help maintain health and reduce the risk of heart disease and cancer.

- Studies have shown that regular physical activity can reduce the risk of depression, anxiety, can improve sleep and increase test scores.
- Studies have shown that children are more likely to lead a healthier lifestyle later in life if they learn about, and live, a healthy lifestyle as a child.



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