



FAMILY FITNESS FUNDAY: CAPOEIRA **Saturday, March 2, 2019 - 10am**



Please join us for a super fun and unique Family Fitness Funday!

On Sunday, February 11th, we will have a family Capoeira Class. Capoeira is a fast and graceful Afro-Brazilian art form, which blends dance, martial arts, acrobatics and music into one beautiful and complete art.

This is our 3rd year hosting a Capoeira Family Fitness Funday – and each of the past years have been a blast! Music, drumming, martial arts.

Instrutora Trindade and her students from the Capoeira Center of NY will guide us in an active, fun and musical hour from 10a-11a. A bagel brunch will follow in the cafeteria.

Children, parents, grandparents, care-givers – all are welcome! Cost is \$5 per person, suggested - cash, or check made out to PA of PS196. Please note that this is not a drop-off and all children must be accompanied by an adult.

To learn more about Capoeira and the Capoeira Center, you can go to www.capoeiracenterny.org.

Space is limited so please RSVP by Thursday, February 28th!

You can register online at www.pa196.org/capoeira.html

OR

Please complete the information below and return, with your payment of \$5 per person (cash, or check made out PA of PS196), in an envelope labeled Fitness Funday

Name of participant & Age/Class (if child) email

1. _____

2. _____

3. _____

4. _____

If you have any questions, please email Wellness196@gmail.com