

PRAMA

KIDS

A UNIQUE FITNESS PLAYGROUND FOR CHILDREN 7 - 13 YEARS OLD



PRAMA KIDS is an interactive sports alternative for children 7-13 years old that runs during each school term.

The PRAMA environment is dynamic and enticing, with flashing lights, touch-sensitive wall and floor panels and a wide range of games and activities designed to improve coordination, body awareness and control, as well as overall strength and fitness.

PRAMA KIDS classes involve a variety of games and exercises that can be adjusted to account for participants ages and developmental needs.

Combining the best of gamification and movement, PRAMA KIDS allows children to enjoy 30 minutes of fun exercise without the pressure of competitive sport.

PRAMA KIDS ON TUESDAYS...
• 7 - 13 YEAR OLDS @ 4:00PM

FULL TERM JUST

\$8 EACH WEEK

Book your child's place in PRAMA KIDS at...

WWW.MAINPOWERSTADIUM.NZ



Stadium Fitness Centre & MainPower Stadium are located at 289 Coldstream Road, Rangiora. Ph: 03 975 5560