



Flexibility

Coordination

Confidence

Strength

Fitness Fundamentals

Conditioning for elementary through teen students— Exercise circuits incorporating Brain Gym,™ Interactive Video and Wii™ to promote:

- **Agility**
- **Balance**
- **Strength**
- **Endurance**
- **Muscle Tone**
- **Flexibility**
- **Aerobics**
- **Rhythm and Timing**



Group and Individualized fitness training, in our “state of the art” motor gym.

Balance

Agility

Rhythm and Timing

Pediatric Potentials of West Essex, LLC
154 South Livingston Avenue
Livingston, New Jersey 07039
Suite 204

Preparation for the President’s Fitness Challenge



Classes taught by physical and occupational therapists

For more information or to register call:

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www.pediatricpotentialsnj.com

