

Dear Head,
We are writing to you to offer the children @ your school/nursery a FREE KidzLoveFit taster session x



We are a local fitness company best known as GirlsLoveFit providing fitness classes for women. Our sister business KidzLoveFit has been successfully running fitness classes within schools in & around Salisbury for the last 2years. Our ethos is based on creating FunFitness for children within a non-competitive environment...creating a positive attitude toward physical activity when school days are complete, & therefore growing into positive active adults in the future.

We provide a range of fitness disciplines for key stages 1-3 with fully qualified, insured & DBS checked experienced instructors. We will provide a full risk assessment after visiting your 'active area' & understand you may need us to complete a new DBS application for your setting, so always have the relevant information available.

Disciplines on offer include:
Dance Fitness/ Zumba/ CheerFit
FitnessFun/ FitClub (after school club)
Under5s
YogiBears / Chillax & Stretch
Or a combination of the above.

Our FitnessFun sessions are structured around improving body awareness through movement and play, improving team building skills, focusing on activities, following instruction and helping children to understand the importance of fun fitness for positive wellbeing. Our dance sessions are focused on engaging the children in following more challenging instructions and also creativity, we inspire the children to create their own zumba routines in small groups improving team building and body movements.

We would love to organise a FREE taster @ your school so please don't hesitate to call/email with any further questions.
Many Thanks for your time & we look forward to hearing from you.

Alex Taylor
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