What happens during an exercise session at **The Hawk Fitness Academy**?

**The Warm-Up**
Hops, Skips, Crawling, and Sport Skills (dribbling basketball, throwing and catching).

**The Exercises**
Med Ball-Squats, -Presses, -Throws, etc.
Aerobic Bar-Squats, -Deadlifts, -Presses
Box Jumps
Latter and Cone Drills

**The Fun**
The exercise sessions are designed considering a child’s psychological framework. Each exercise is brief and the children are constantly moving from exercise to exercise. Exercises are performed within obstacle courses.

For more information contact hawkfit@ku.edu
Register at hawkfit.org