



Healthy Lifestyle Centers  
JUST FOR KIDS!



# GIRL SCOUTS

Earn your shape UP! patch and other awards!

Fitwize 4 Kids  
Regal Center  
20921 Davenport Drive #128  
Sterling, VA 20165  
sterling@fitwize4kids.com

**CALL NOW!**  
**(703) 421-3481**

Earn your Girl Scout health, fitness, nutrition and sports awards through Fitwize 4 Kids! Our fun, kids only program will get you movin' and eating right!

**We offer:**

- » Energetic 45 min. trainer assisted circuit
- » Equipment designed specifically for kids
- » Fun events that combine fitness, nutrition & health
- » Open to all kids 6 1/2 to 15 years old
- » Convenient drop-off; no set schedule
- » Kids fitness birthday parties, Kids Night Out Events, Fun Nutrition curriculum, classes, clinics, field trips & more

**Brownie, Junior, Cadette & STUDIO 2B Girl Scouts Welcome!**



Medical Advisor and  
Director of Nutrition  
Approved

[www.Fitwize4Kids.com](http://www.Fitwize4Kids.com)

**Special Girl Scout Programs and Pricing Available.**