

Geo Fitness-Elementary/Secondary
Geo Fitness – Movement, Rhythm and Brain Development
Presenter: Brian Hagbo-Physical Education Instructor at EHS

Geo Fitness follows the philosophy of “Be Safe, Have Fun, Get Fit and mostly “Move to Achieve.”” Come join the fun in this activity based workshop while moving on the geo motion mat. This session will guide participants through fundamental steps that lead up to individual and partner routines, as well as aerobics, kickboxing and even a routine to the ever popular “Car Wash” song. Come and explore the Geo Fitness Generation.