

# **SkyReach School Program**

## **Fun, Fitness, and Friends!**

**Let the Sky Zone SkyPerformance Team help you find a creative way to teach your class about health and fitness!**

**Our complimentary 30–50 minute program allows students the opportunity to have fun while getting fit with their friends.**

**Our team mission is to encourage students and teachers to live a healthy and active lifestyle. Our motivational program encourages families to incorporate good nutrition and physical activity in everyday life.**

**Program agenda includes:**

- Dynamic Warm-Up**
- Team Building**
- Exercise Stations**
- Nutrition Tips**
- Interactive Cool Down**

**We recognize the importance of staying healthy and physically active. Sky Zone would love to visit your school today!**

**TAKE ADVANTAGE  
OF THIS FREE PROGRAM!  
CALL US: 716.206.3300**



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**Sky Zone Indoor Trampoline Park  
425 Cayuga Rd #400  
Cheektowaga, NY 14225  
Phone: 716.206.3300  
[www.skyzone.com/buffalo](http://www.skyzone.com/buffalo)**



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