

# Teen Group Exercise Classes

Are you concerned about your daughter's physical & emotional health? Does she have low self-esteem or lack confidence & motivation? Does she worry too much about body image?

I can help with that! Exercise has so many benefits to the growing body. Classes are exercise and more!

Girls learning how to love their bodies, for what they can do, not what they look like!!

**Before School Classes - \$15 Each**

**Miami Location**



To have your Daughter join me please contact 0419174889 or [greensharkpt@outlook.com](mailto:greensharkpt@outlook.com)

## **My Difference - I only Coach Kids & Teens!**

"It doesn't matter what your daughter's ability level is- I just want her to relax & learn how powerful regular exercise can be for her, in all aspects of her life. I am passionate about helping young girls grow into confident women."

**Leanne Baker, Specialist Kids  
& Teens Group Exercise  
Instructor**

