

# ACTIVE8

creating healthy generations



## BODY ZONE

www.bodyzonesports.com

READING EAGLE NIE

# TEACHERS

## ACTIVE 8 YOUR STUDENTS!

Body Zone Sports and Wellness Complex and Reading Eagle's Newspaper in Education are teaming up to help create healthy generations.

**ACTIVE 8** is an exciting new – and FREE – program that allows schools to bring their students to Body Zone for two hours of wellness and fitness activities.

Your field trip to Body Zone includes:

- Nutritional discussion with a trainer
- Organized fitness activity
- Free time for field games, basketball and ice skating

### PROGRAM TIMES:

Wednesday through Friday now through May  
and then beginning again in September

10 a.m. – 2 p.m.

### TO SCHEDULE AN ACTIVE 8 FIELD TRIP TO BODY ZONE:

Contact Jaime Rowe at 610-376-2100 ext. 283  
or e-mail [info@bodyzonesports.com](mailto:info@bodyzonesports.com)

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