



MIGHTY KIDS



A Little **Tesoros** Strengthening and Coordination Program

MIGHTY KIDS is a child-focused strengthening and conditioning program using games, exercises, and circuit training to build strength and coordination skills in groups of 3-5 kids.

The program is designed to target kids who are not in need of traditional physical therapy yet would benefit from overall strengthening. Groups are formed by age and skill based on applicant needs.

MIGHTY KIDS is professionally developed by physical therapists. Individual goals are designed to address the unique needs of each child and progress is monitored weekly.

Your child will love the fun strengthening routines designed to motivate and create excitement about working out!

12/26/23 – 1/02/24

Weekdays from 11am – 12pm

Cedar Park Clinic—1301 Medical Pkwy Ste130, Cedar Park, TX 78613

\$200

