



The Journey to Build Respect, Confidence & Leadership

January 6 - February 24, 2027

Wednesdays, 3:30pm - 5pm

\$199 | 8-Week Session

50% Discount for After School Program Students



Topics Include:

- Respect & Manners
- Confidence & Positive Self Talk
- Courage & Grit
- Friendship & Teamwork
- Responsibility & Leadership
- Gratitude & Generosity
- Growth Mindset & Personal Goals
- Celebration & Next Gen Challenge



By Popular Demand...

Fitwize offers Next Gen Boys: The Journey to Build Respect, Confidence & Leadership.

Next Gen Boys is for young boys (grades 1-5) that focuses on the development of strong self-esteem and confidence at an early age. Our program provides a safe, supportive space where boys are encouraged to speak openly, connect authentically and grow together. Through engaging discussions and hands-on activities, they will develop respect, confidence, leadership and essential life skills that carry into everyday life. Each experience is designed to strengthen their voice, character and sense of self. Session is led by Kristoffer Bernstein.



REGISTER HERE >

ashburn.fitwize4kids.com | 703.723.4176

