

MindBridge Education MindBridge Personal Fitness and Health

2026-27

**Sports Lessons, Physical Education,
Training and Events**

MINDBRIDGE



**HEALTH
& WELLNESS**

MIND • BODY • SPORTS

MindBridge Education

MindBridge Educational Services

Service Schedule

Conditioning Days & Hours

Days: Monday- Thursday 4:30-7:30 PM; Saturday 8:00 AM-3:00PM

Training Location

TBD based on availability

Registration Fee

\$30 per/period (July, November, March) *Non-refundable

Sports Lesson

\$55 per/session

Sports Camps

\$35 Registration Fee--->\$125 Camp Fee (1 Day) \$175 (2 day) \$225 (3 day)

Sports Combine

\$125 and up

Physical Education Course

\$150 per week (\$50 per session)

Physical Education Course Description: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories. Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. Participate regularly in physical activity. Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Stand-Alone Athletic Events

\$50 and up * Based on the event enter

Contact Info

Coach: David Aubrey- 407-758-7932

Administrator: Zundra Aubrey- 321-358-2119

Website: www.mindbridge-education.com--->Personal Fitness and Health