



# KIDS FIT PROGRAM

## INCLUDED WITH FAMILY MEMBERSHIP

The goal of Kids Fit is to inspire a passion for being active that will serve children now and in every future chapter of life. This program is the perfect way to add physical activity into your child's day. These hour-long classes are packed with fun activities to get your child moving, while introducing them safely to the fundamentals of exercise. The best news? This program is included when your child(ren) is added to your membership! So, while your kiddo(s) is having a blast improving their own health you can enjoy a distraction free workout yourself!

<b>AGES:</b>	7-12 years
<b>DAYS:</b>	Wednesday, Saturday
<b>TIME:</b>	Wednesday: 5-6pm    Saturday: 9-10am
<b>LOCATION:</b>	Kid's Club gym
<b>COST:</b>	Included with membership for children who are added to their parent's membership

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