

Fun Fitness For Kids

Fun Fitness for Kids is a new program for YMCA members age 7 – 14. The program focuses overall health and activity -- getting kids exercising in fun ways using their own body weight as well as doing fun agility training involving all basic motor functions. This program is NOT glorified babysitting. It is:



- Basic gross motor function (running, jumping, skipping)
- Agilities (to help children become more athletic)
- Strengthening (using own body weight)
- Core exercises
- Balance exercises
- Cardio
- Dance

This is a great way to teach kids how to stay healthy, develop self confidence, learn body awareness, and develop a life-long love of being active. It will also help children develop social skills while interacting with other children.

Instructors are Twin Peak Performance personal trainers.

Date/Time: **Monday - Thursday 4:00 p.m. – 5 p.m.**

Cost: **\$25.00 for 16 classes a month;**

kids can come to as many classes as they want

2 times a week will be agilities for kids

2 times a week will be aerobics for kids

Parents can sign up their children anytime during the month for the following month.

The **first session** will be from **March 23rd** through **April 30th.**

Subsequent sessions will start on the 1st of each month.



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