



# FitKIDZ

Ages 5-10

Begins Sept. 21st!



**Mon & Wed**  
**3:30-5pm**  
Active fun for your  
**FitKIDZ**

**Mondays:** Arrive in the Activity Center for 15 min. of supervised free play. Next, cooperative group activities & games are the order of the day.

**Wednesdays:** Arrive in the Activity Center for 15 min. of supervised free play then — to the Group Exercise Room for 'Circuits' that help improve endurance, balance, strength & flexibility. We return to the Activity Center for parent pick-up.

Drop off & Pickup in the  
Activity Center.  
(indoor basketball court)

## Punch Card

**Facility & Program Member \$16**

Good for 8 classes.

Expires 2 months from purchase date

**Drop-In & Non-Member**

**\$3 per class**



**ACTIVATE  
AMERICA**