



FitKIDZ

Ages: 1st-5th grade

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 the kids will move to the Group Exercise room to have fun with 'Circuits' that help improve endurance, balance, strength & flexibility.

Punch Card

Facility & Program Member \$16

Good for 8 classes.

Expires 2 months from purchase date

Drop-In & Non-Member

\$3 per class

**Drop off & Pickup in the
Activity Center.**

(indoor basketball court)

