FIT KIDS, HEALTHY KIDS

Children get moving with calisthenics, fitness games and body weight exercises for a fun, yet challenging 45-minute class!

FOR: Ages 6-15
WHEN: Mondays & Wednesdays at 5:30pm
WHERE: DeVos-Blum Family YMCA
COST: $50 Y members, $80 non-members

BURN ENERGY, GET FIT AND LEARN A HEALTHY LIFESTYLE!

For more information, please contact Wellness Director, Ira Bell ibell@ymcaspbc.org