

# Junior Fitness

An introduction to fitness for your pre-teen or adolescent child.

## Kids will learn:

- How the body works
- How to make exercise FUN
- Reasons to exercise
- Healthy snack options
- Gym etiquette

## The program includes:

- Strength training
- Pilates and Yoga
- Cardiovascular activities such as step aerobics, spin cycle, and fitness games

**Ages 10-14 years old.**

**Mon – Thurs for 2 weeks      10:15 – 11:15**

**(Session Options)**

**June 15th – June 25<sup>th</sup>**

**AND/OR**

**July 20<sup>th</sup> – July 30<sup>th</sup>**

**Nautilus Parkway**

**Cost: Members \$40, Nonmembers \$80**

**\*\*Sign up TODAY at the front desk!\*\***