

Kids Saturdays



Kids Weekend Fitness Fun

w/ Jason Liegl

Saturdays, 9:30-11:30 a.m. Ages 7 - 12

Session I June 19 - July 3

Session II July 10 - July 24

Session III July 26 - August 14

Parents drop your kids off for a couple of hours and let them get their exercise in while you either workout or run errands. During the two hours we will work with the kids on all things health related but most importantly have some fun! Does not matter whether or not your child is an athlete, fitness can be fun and beneficial!

Session price \$59 members



Kids summer fun at 11616 N. Port Washington Rd., Mequon ~ 262-241-4250