

FUN FIT

Ages 8-13

**Thursday 4-5:30pm,
April 15 - May 20, June 3 - July 8, July 15 - August 19**

Certified Personal Trainer, Dominic Frazier, created this program to get our youth up and active. They will hop, jump, sprint and skip into an exciting way of working out without even knowing it. They'll enjoy obstacle courses, learn techniques and drills from many different sports ranging from basketball, soccer, tennis and more! Learn basics of a proper warm-up and cool-down all while having fun. Sign up in the activity book at the front desk! Member \$49, Non-Member \$69

