



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY BONDING THROUGH FITNESS



PARENT AND CHILD FITNESS CLASS

Spending time with your kids is one of the most important gifts you can give them, but game nights and movie nights aren't the only way to connect with your child. Join us for a parent/child fitness class and you'll be having fun with your child, modeling healthy behavior and getting in a great workout! Geared towards children 2-5yrs old with parent, but children of all ages are welcome with adult.

WHO: Parents/Caregivers and Children

WHEN: Wednesdays starting in February

TIMES: Morning and Evening Classes Available

Feb 6, 13, 20, & 27 9:15am-10:00am * No 5:30-6:15pm Class on the 20th

Feb 6, 13 & 27 5:30pm-6:15pm

WHERE: Superior YMCA Gym

COST: Member FREE Non-Member \$10 PER CLASS

Superior Douglas County Family YMCA 9 N 21st St Superior, WI 54880
715-392-5611 www.superiorymca.org