



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parent and Child Fitness Class

Who: Parents/Caregivers and Children ages 1-5

What: A group fitness class

When: Mondays 9-9:45am

Where: Gym

Why: Have fun with your child, model healthy behavior and get a great work out!

Cost: Members-FREE General Public-Daily Fee

RSVP: No need, just show up!



Check out the pool schedule for family swim after!
(Daily fee required for non-members)