

You asked,  
we answered.  
With...

# Move It!

for kids



**Wednesday, July 30**

5:30 - 6:00 pm

**Friday, August 22**

6:00 - 6:30 pm

*Classes held in studio 2*

**For ages 7 -12**

**\$5 for members**

**\$10 for non-members**

*Register or drop-in*

Encourage your kids  
to have fun and get fit  
with 30-minute Move It! classes  
featuring strength, cardio, and  
flexibility exercises set to music.  
The friendly fitness environment will  
help kids develop healthy exercise  
habits while having a blast!

**Register today!**

