

# **FREE to Members- Kid Fit Program for Ages 8-12 years old**

We are very excited to announce our **Kid Fit Program!** These classes can be found on our regular group fitness schedule but are for children ages 8-12 years old. Parents may join their children but adults can't come to class without a child present.

**When:** Monday and Wednesday @ 4:30 pm in the Aerobics Room and Tuesdays and Thursdays at 4:30 pm in The Fitness Center

**Who:** AFC members ages 8-12 and their parents (parents are optional unless we think it would be best for the child and class that the parent attend)

**Description:** *Kids Fit classes are a mix of strength, endurance and flexibility using weights, balls, bands, yoga moves and our own body weight. Come prepared for anything! Learn proper form and technique in addition to why we perform these exercises and how they help our body and mind stay healthy. Bring a mat and water. Wear comfortable clothing and proper shoes for working out.*