



# Kidz Fit

**AGES  
8-13**

Never get bored with these one-of-a-kind workouts! A high-energy fitness regime that combines cardiovascular/resistance and functional trainings. Develop cardiovascular/muscular endurance and perseverance from physical and mental challenges. Promotes weight loss and team work, too.



**Thursdays • 4:30-5:25pm**

**Sep 2-Oct 7 • #6232**

**Oct 21-Dec 2\* • #6237**

**MEM \$72/NM \$108**

**\*NO CLASS NOV 25**



**JOHN B. NORRIS  
RECREATION CENTER**

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