



KIDS FIT



Little Stars: Ages 3-4

4 week sessions \$69 (\$89 non-member rate)

Rising Stars: Kindergarten through 2nd grade

4 week sessions \$59 (\$79 non-member rate)



Shooting Stars: 3rd through 5th grade

4 week sessions \$59 (\$79 non-member rate)

Keeping Fitness Fun!

Kids Fit gets children ages preschool through grade 5 moving and engaging in an inclusive way using music, games, and fun movement challenges (like obstacle courses, scooters, and parachutes). Children will learn new ways to move and exercise. All activities are interlaced with the thing kids do most naturally, play! Our goal is to guide youth to lifelong healthy exercise habits with high-interest games and activities in each Kids Fit class!