

YOUTH FITNESS



PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

FIT KIDS (5-11 YEARS)

Location: Kids Zone **Trainer:** Abby Stender **Max Class Capacity:** 8

Get your kids moving and learning healthy habits with our Fit Kids class! This interactive, high-energy class teaches young children the importance of a healthy lifestyle through fun exercises and exciting activities. Its a great way to inspire good habits while keeping them active and engaged! Packages available for purchase.

AGES 5 - 11 YEARS

DAYS	TIME	LOCATION	COST PER VISIT
Mon - Thurs	4:00 pm - 6:00 pm	Kids Zone	\$ 10 \$15 (non-mem)