

KID FIT CLUB!

- AGES 6-11.
- DROP OFF YOUR CHILDREN AND ENJOY A WORKOUT KNOWING THEY WILL BE TAKEN CARE OF AND STAYING ACTIVE.
- **ACTIVITIES ARE FREE!**
- WEATHER PERMITTING 8:30-9:30AM EXCEPT FOR KIDS BOXING AND POUND.
- IN CASE OF RAIN, ACTIVITY WILL BE HELD IN THE BFIT ROOM AT THE TRAINER'S DISCRETION. ALL OTHER ACTIVITIES WILL BE OUTSIDE.
- KIDS WILL MEET BY THE NURSERY DOOR.
- **FREE TO MEMBERS**
- \$10 NON-MEMBER DROP IN
- REGISTRATION IS NECESSARY FOR FIRST TIME
- REGISTER AT QUINCYYMCA.NET OR AT THE FRONT DESK!

**FREE
KID FIT
CLUB**

**HEALTHY
KIDS,
HEALTHY
LIVES**

MONDAY

JUNE 5TH - GUARD THE CASTLE
JUNE 12TH - KIDS BOXING
JUNE 19TH - OBSTACLE RELAY
JUNE 26TH - GUARD THE CASTLE

TUESDAY

JUNE 6TH - OBSTACLE RELAY
JUNE 13TH - ROLLING INTO FITNESS
JUNE 20TH - FLAG TAG
JUNE 27TH - OBSTACLE RELAY

WEDNESDAY

JUNE 7TH - ULTIMATE FRISBEE
JUNE 14TH - GUARD THE CASTLE
JUNE 21ST - ROLLING INTO FITNESS
JUNE 28TH - ULTIMATE FRISBEE

THURSDAY

JUNE 1ST - POUND
JUNE 8TH - ROLLING INTO FITNESS
JUNE 15TH - POUND
JUNE 22ND - KIDS BOXING
JUNE 29TH - FLAG TAG

FRIDAY

JUNE 2ND - ULTIMATE FRISBEE
JUNE 9TH - POUND
JUNE 16TH - ULTIMATE FRISBEE
JUNE 23RD - POUND
JUNE 30TH - ROLLING INTO FITNESS

YOUR TRAINERS, JACOB & MONEY!

