



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CLASS DATES:**

**Mondays\***  
5:30pm-6:00pm

\*Starting March 23rd

**CLASS AGES:**

**Kid Fit:**  
Ages 7-12

**BUILD A HAPPIER  
HEALTHIER KID!**

**Kid Fit-** A physical fitness program which incorporates strength and cardio training, while enhancing balance and motor skills.

Starting March 23rd at  
A.C. Lewis YMCA  
350 S Foster Dr.

Questions contact [aruiz@ymcabr.org](mailto:aruiz@ymcabr.org)  
or call 225-924-3606