



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A STRONG FOUNDATION

KID FIT AMERICANA YMCA

This class is specifically for children between the ages of 7-11. It focuses on strength and cardio training, balance and motor skills, while having fun.

Starts Sept. 4, 2019
Wed. & Fri. 5:30-6:30pm

Americana YMCA
4200 Liberty Way
Zachary, La
225-654-9622
ymcabr.org

