

# ClubFit FOR KIDS

## *The Club's new group fitness program for KIDS!*

It is important to help your children develop good exercise habits so they can grow to be healthy, active adults. ClubFit for Kids is a safe and effective 45 minute fitness class that incorporates aerobic exercise, body weight resistance training and flexibility exercise all in a fun, energetic atmosphere. Parents are welcomed to join in the fun! Visit The Club nearest you for more information!

### **Class Schedule Starts February 8th:**

**Wednesdays 4-4:45pm @ The Club at Lake Harbour**

**Fridays 4-4:45pm @ The Club at Township**

**Sundays 3-3:45pm @ The Club at Township**

#### **Punch Cards for 10 sessions:**

**Club Member \$75** (\$45 for an additional sibling), / **Non-Member \$99**

**Club Member Family Punch Card \$140**/ **Non-member Family Punch card \$185**

**Max and girth ages 3-12**

Punch cards are good for 90 days from day of purchase.

Family Punch cards include siblings of less than 18 years of age.

\*\*Club Memberships include National, Lake Harbour, 5000member's and executive Township members.