

Youth Fitness



6-Week Session

Come for a fun and interactive fitness class at WWH! Join Alexis, Certified Personal Trainer, for fun and exciting fitness fun! This class will incorporate total body movements and play. Participants will perform a variety of movements incorporating strength, flexibility, agility, and cardiovascular components.

WHEN:

Mondays, June 18 - July 30, 2018 | 8:00 - 8:45 am *(No Class July 2)*

OR

Thursdays, June 21 - August 2, 2018 | 6:15 - 7:00 pm *(No Class July 5)*

WHERE: WW Health Fitness Center - Classes will be held both indoor and outdoors (weather permitting)

COST: \$35 for 6 week session (Monday OR Thursday session); \$60 for both Monday & Thursday session

WHO: Youth ages 10 - 14 years (any fitness level)

A parent/guardian must be in the WWH Fitness Center during the Youth Fitness Class time OR child must have transportation immediately before and after class.

For more information, please call the Fitness Center directly at 715-684-1642 or stop by during staffed hours.



WESTERN WISCONSIN HEALTH
FITNESS CENTER