KID FIT CLUB

Monday, Tuesday & Thursdays
5pm - 8pm

The health and fitness of today's kids are challenged by rising levels of inactivity and obesity. The solution? Fun, exhilarating games and workouts that become healthy habits for life! The Petal Family YMCA is committed to stemming the tide of childhood obesity and inactivity through age-appropriate fitness games and activities designed to improve the health, strength and physical endurance of children. The KID FIT CLUB offers fun and games while building strong kids!

Ages 5-12 years
All children MUST be signed in/out by their parents each visit.

Kid Fit Club will meet in Game Room and Gym.