



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS -N-ACTION FITNESS HEALTH



This youth fitness class is for children 5 to 12 years of age. This class is designed to get kids moving, promoting body weight strength, coordination, and mechanical efficiency. The child will have a fun time while learning about fitness and how to stay healthy.

**MAGIC VALLEY YMCA
KIDNAZIUM**

STARTS MARCH 6

Instructor: Brian Harshman

4:00 pm – 4:30 pm

Tuesdays and Thursdays

Ages: 5-12 years old

Members: FREE

Non-members: \$5.00

**COMING
SOON!**

For more information, contact Jeaneth at 733-4384, ext. 105, or jeaneth@ymcatf.com.

Magic Valley YMCA • 1751 Elizabeth Blvd. • Twin Falls, ID