

FIT KIDS!

@ Gold's Gym Natick

MARCH 18 – APRIL 15

Thursdays @ 4:00-5:00pm

Cost \$49

Ages of 8-13

To register call 508-820-8886 or stop by the front desk.

Do you have a child at home who needs some extra motivation to get out and get active? Would you like him or her to learn proper nutrition in a fun and healthy way? Would you like him or her to discover exercise and find it to be FUN?

Fit Kids: This program will incorporate general nutrition (making and introducing healthy and positive changes) and exercise. Each class will include 45 minutes of exercise. The exercise sessions will be held in the main fitness studio led by Group Fitness Director Amy Abbatomarco (ACE Certified). The focus of these exercise sessions will be on making exercise fun. The kids will get to try different types of exercise in a supportive and noncompetitive environment. They will use 'props' such as resistance tubing, stability balls, mats, etc., but also do some exercises that involve using ones own body weight. In addition, one of the weeks will include kids yoga. The exercises learned will include both muscular and cardiovascular endurance. The last 15 minutes will include group discussion about nutrition, and two of the weeks will include making a healthy snack at the end of class.



Goals of 'Fit Kids'

- Introduce a positive feeling about exercising.
- Learn to make 'better-for-you' food choices.
- Learn to make some easy and fun after school snacks.

"I have a strong desire to help kids get active. By using music, games, and lots of equipment I will show your children that exercise can be fun. Additionally, we'll make some tasty snacks that are both delicious and nutritious."