



~Kids FHIIT~

This 6 week program is designed to help teach your child stability, core strength, muscular strength and endurance, and body awareness. This program will provide each child the opportunity to challenge him/herself physically while developing social and interactive skills in a supportive group setting.

Child-friendly equipment will help develop muscle strength, endurance and cardiovascular fitness, all while having fun! Foundry Fitness will supply towels and water.

KIDS in grades 3rd - 8th
SIX WEEKS of HIIT (High Intensity Interval Training)
FOUNDRY FITNESS
45minute class

Thursdays from 3:45pm-4:30pm
May 5th - June 9th, 2016

for only
\$72

Foundry Fitness
243 Delaware Avenue
Delmar, NY 12054
518-650-8111

To Sign Up for this program, stop by, call or visit Foundry Fitness by May 1st. A minimum of 10 kids are required to run the program. Payment must be received in full prior to the first class.