

Fit Kids



Fit Kids features a Skill of the Day, age appropriate exercises, and a fun activity that incorporates the major muscle groups. Fit Kids is designed for all abilities and is led by an All Sport Personal Trainer.

Day of Week: Thursdays

Participants: Ages 7-10

Time: 5:00-5:45PM

Fall 2 Session

Nov. 4-Dec. 16

Fee - 6 Week Session

***No class 11/25**

Members: \$90

Non Members: \$120

Call or visit the Front Desk to register: #845.896.5678

Questions? Contact us : info@allsporthealthandfitness.com

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