MOREHEAD CITY
NORTH CAROLINA

FIT&FUN YOUTH

A fun and healthy way to get kids active!

Fit & Fun Youth will focus on educating kids about healthy eating, making healthy choices, and becoming more active in order to improve overall health and body confidence. Each week participants will engage in a short educational lecture and activity, such as learning to cook a healthy recipe, followed by a physical activity such as a fitness obstacle course or active game. This program is a fun way for kids to socially interact with others their age, learn healthy alternatives, and become more active in the process. The cost of the program is $50. Space is limited and registration will close March 6th, 2020 so sign up soon. The program will be instructed by Victoria Ward who is a Certified Personal Trainer and Group Fitness Instructor, Barre Fitness Instructor and Certified Fitness Nutrition Specialist.

Looking for a healthy activity for your 8-12 year old? Send them to Fit & Fun 4 Youth!

Tuesdays:
4:00-5:00 PM
March 10th – April 7th

Healthy cooking, Active games, Social games & Fun fitness

5-week program
$50

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