

## *Fit for Kids Exercise Class*



Come join us for an hour of fun and fitness!!  
**Every Friday from 5:30 – 6:30 pm.**

*Children of current members  
ages 8 to 12 are welcome.  
Cost is \$3 for non-members.*

Here is a list of what we will be doing:  
Jogging, Jumping Jacks, Sit-ups, Push-ups,  
Weighted Steps, Chest Press, Shoulder Press,  
Arm Curls, Back Rows and the Obstacle Course.

*The class will be limited to 15 so inquire at the front  
desk for information or call 770-888-4434  
to reserve a spot.*

## **KIDSHIP HOP**

**Tuesdays from 5:30 – 6:15 pm.**

**Kids love to crank up the music, shake, wiggle  
and have a blast with their friends.  
So why not get fit while they're at it?**

*Children of current members  
ages 7 and up are welcome. Cost is \$3  
for non-members.*

*Class is taught by a former  
**ATLANTA HAWKS CHEERLEADER***

