

KidFit

GETTING KIDS FIT FOR LIFE



KidFit is a 6 week program for kids ages 8-12 to learn healthy eating and exercise habits while having fun! KidFit is perfect for kids who struggle with weight management or who don't get enough physical activity.

Coming Soon

Tuesday and Thursday

5:00pm-6:00pm

cost: \$120 per 6 week series



Cayuga
WELLNESS CENTER

A Collaborative Partner of Cayuga Medical Center

For more information
see our Members Services Desk



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