

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.**

Tuesday, January 22nd

Tuesday and Thursday

5:00pm-6:00pm

cost: \$120 per 6 week series



A Collaborative Partner of Cayuga Medical Center

**For more information
see our Members Services Desk**



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