

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.**

Program Starts October 17th

Tuesday and Thursday

5:00pm-6:00pm

cost: \$120 per 6 week series

**For more information
see the front desk!**



Cayuga
WELLNESS CENTER

A Collaborative Partner of Cayuga Medical Center



CAYUGA CENTER
FOR HEALTHY
LIVING



ISLAND
HEALTH &
FITNESS



PHYSICAL
THERAPY



RASA SPA



SPORTS
MEDICINE