

# Peak Variety

## 4 Kids!!

Peak Variety 4 kids is a fitness class 6-12 year olds who want to have fun and get in shape while there parents workout at Peak Fitness!! This brand new Kids Fitness class will include obstacle courses, relay races, fitness games, dance moves and lots more sweaty and fun activities! The class is designed to get your kids moving and active.

When: Wednesday's 5:30-6:30pm

Starts: April 14th

Free for Parents who are members of Peak Fitness; \$5 per child/per class for non members

Drill Sergeant: Jessica Dyer

8 children are needed!!!