

Family Fit & Fun Classes "Burn Baby Burn"

Let your baby help you work your way
to fitness as you

"Turn up the heat"

AND

BEAT THE WINTER BLAHS

Join Tricia for a 4-week fitness series designed to promote parent-child interaction and help get a jump-start to fitness.

(Families with children age Birth to 5 welcome.)

Classes meet on Tuesday, February 2, 9, 16 & 23 from
6:30-7:30 p.m. at Medical Mall #1, 1454 W. Center Ave.,
Essexville.

Cost is \$20 per family for all 4 classes!

Registration is required. For more information or to register, call
989-894-9517.

This program is designed to bring fitness and balance to parents as they bond with their infants/children. Families (caregivers & children) will improve aerobic endurance, upper body and abdominal strength, flexibility and coordination through various interactive exercises set to children's music.