



THE PLAYGROUND KIDS CLUB

(Ages 8-14)

Did you know that active kids sleep and learn better? Imagine 20 fitness choices per month for your child? With The Kids Club Pass offered by The Playground Fitness Studio in WH Center, your child will have access to 20 heart-pumping exercise classes that are taught by caring, seasoned fitness pros. Your child will have a blast with these non-competitive classes such as Kick Boxing, Dance, Yoga, Bootcamp and more while burning calories, strengthening muscles and improving endurance, coordination and flexibility. With The Kids Club Playground Pass, your child can come to as many classes as you choose. It's completely up to you.

At the end of the four-week session on Friday night, we will hold a night time social with healthy choices for your child and his/her siblings so mom and dad can get some R + R. For more information, feel free to contact Angie at The Playground at **860-236-8800** or visit www.thefitplayground.com

4 week programs=\$60+ tax

Programs Run: Monday- Friday from 4-5pm

Next Session dates:

2/27-3/23

3/26-4/27 (no camp 4/16-20)

On Thursdays from 4-4:50pm workout while your kids play! Ask Angie how!

The Playground~ 977 Farmington ave (rear parking lot) Farmington, CT 06107