



# Family Fitness Fridays

Bring your kids or grandkids to the Y on Friday nights from January 6 – February 17, 2012 from 6:00 – 7:00pm for Family Fitness! Good for kids ages 4 – 13! A rotating schedule of formats is below.

January 6	Circuits	Marlo
January 13	Games & Sports	Casey
January 20	Zumba	Linda & Dawn
January 27	Cycle <small>(child must be 4'10")</small>	Dev
February 3	Boot Camp	Karen
February 10	Family Yoga	Debbie
February 17	TBD	Myleen