



# KIDS FITNESS

Become familiar with the weightroom, learn proper form, and learn how to lift the right weight for you!

We will start with learning, and we will end with a FUN workout!

**FOR KIDS IN 6<sup>TH</sup> -8<sup>TH</sup> GRADE  
THIS UPCOMING SCHOOL YEAR**

**WEDNESDAYS  
JUNE 24-AUG 12  
1-2PM**

**REGISTER AT THE FRONT DESK OR  
OR BY CALLING SYMONS  
608-647-8522**