

Kid's Fun Fitness Camp

Outside World Gym



No gym membership required

Ages 5 to 12

Saturdays 11 to 11:50am - Tuesdays 7 to 7:50pm

50 Minutes of fun fitness workouts for kids

The percentage of overweight children in the United States is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese. Many kids are spending less time exercising and more time in front of the TV, computer, or video-game console. And today's busy families have fewer free moments to prepare nutritious, home-cooked meals. From fast food to electronics, quick and easy is the reality for many people in the new millennium.

What your kids will get from Fun Fitness Camp:

50 minutes of fun fitness exercise, which will include games, obstacle courses, and kid workouts.

Improves your Childs, Strength, Agility, flexibility, hand eye coordination, aerobic capacity and over all fitness.

Fun Fitness Prices:

1 child \$10, 2 children \$15, 3 children \$20

For more information contact:

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