



KiDS FiT

3 Levels for 3 Age Groups!

**KiDS FiT WITH LiSA KELLY
INTRO TO MOVEMENT AGES 5 - 7**

Basic movement to show how your body works and benefits from exercise. Focus on how to exercise properly using standard exercises like jumping jacks, sit ups, push ups, etc.

5:30 pm to 6:15 pm

**KiDS FiT WITH LiSA KELLY
GET BETTER AT YOUR GAME AGES 8 - 11**

Learn to prevent injury in sports. As well as speed and agility training to improve your game.

6:30 pm to 7:15 pm

**KiDS FiT WITH LiSA KELLY
INTRO TO STRENGTH TRAINING AGES 12 - 14**

Learn the basics of strength training, along with how to prevent injury in sports. Body weight, bands, dumbbell, and plate workouts.

7:30 pm to 8:15 pm



All classes on Tuesdays at Heroes Grove.

Session 1: June 1 - July 6

Session 2: July 20 - August 24



**PARKS &
RECREATION**

www.lowerpaxtonparksandrec.com