



A free program to help your kids get active!

All classes held at the Omni except *Work It Out*.

LITTLE PRETZEL YOGA

Kids of all ages go through poses and learn to relax.

2nd & 3rd Wednesday of the month from 5:30–6:30pm starting January 9

WORK IT OUT

Learn the importance of fitness with various types of exercises. For ages 9–12.

1st & 4th Wednesday of the month from 3:30–4:30pm at the YC starting January 2

FIT KID

A fitness class for kids ages 6 and older.

1st Tuesday of the month from 4:30–5:30pm starting February 5

GO PLAY

Kids 3–7 exercise using games, dance and movement.

2nd & 4th Thursday of the month from 5:00–6:00pm starting January 10



AF SERVICES

Fitness
& Sports

634-2258

BealeFSS.com/Harris-Fitness-Center • facebook.com/HarrisFitnessCenter