

JUMP START KIDS FITNESS PROGRAM!!!

Kristin is here to help you stay in shape for the summer or get in shape for your new school semester.

- Participants must be 12 years or older.
- Weather permitting, you will hike, jog, strength train, become more flexible and even learn some of Kristin's hip hop moves.
- At the beginning of the 6 weeks the participants will go through a series of tests. We will track your progress along the way and test you again at the end of the 6 weeks.

The participant that improves the most over the 6 weeks will win a free 3 month Fitness Membership.

Sign up at the CRA by June 27th.

Dalton CRA

Cost: \$70.00 for 6 weeks

Days: Monday's & Wednesday's

Time: 4-5 p.m.

**Class begins June 28th
(no class the week of July 12th)**

