FITNESS

FIT&FUN YOUTH

A fun and healthy way to get kids active!

Fit & Fun Youth will focus on educating kids about healthy eating, making healthy choices, and becoming more active in order to improve overall health and body confidence. Each week participants will engage in a short educational lecture and activity, such as learning to cook a healthy recipe, followed by a physical activity such as a fitness obstacle course or active game. This program is a fun way for kids to socially interact with others their age, learn healthy alternatives, and become more active in the process. The cost of the program is $50. Space is limited and registration will close January 25th, 2019 so sign up soon. The program will be instructed by Victoria Ward who is a Certified Personal Trainer and Group Fitness Instructor, Barre Fitness Instructor and Certified Fitness Nutrition Specialist.

MOREHEAD CITY
PARKS & RECREATION

Looking for a healthy activity for your 10-14 year old? Send them to Fit & Fun 4 Youth!

Tuesdays:
4:00-5:00 PM
January 29th - February 26th

Healthy cooking, Active games, Social games & Fun fitness

5-week program
$50

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