

Meridian Community Center Presents

# YouthFit

A fitness program designed for girls and boys ages 6-14. Get fit and healthy with this upbeat, fun, encouraging fitness program. YouthFit promotes health and fitness in a positive, uplifting environment.

Tuesdays & Thursdays at 6pm

Classes Begin August 17

\$3 for members & \$5 for nonmembers

Designed by nationally certified instructor Heather Owens

**YouthFit – Come Join the Fun**

**Speed and Agility Training**

**Circuits, Drills, Cardio**

**kickboxing & More**

Contact Heather Owens via email

[heatherlynnowens@yahoo.com](mailto:heatherlynnowens@yahoo.com) or face book @

heatherlynnowens or bodyfitwithheather

Improve sports performance or

Just Get Fit With YouthFit!