



Toby Wells YMCA • 5105 Overland Avenue • 858-496-9622

Kids Fitness



Monthly Program

Monday's & Wednesday's

5 - 7 year old2:45 p.m. - 3:15 p.m.

8 - 9 year old3:15 p.m. - 3:45 p.m.

10 -15 year old3:45 p.m. - 4:30 p.m.

Classes include:

Cardiovascular fitness activities, resistance training, yoga, stretch & pilates training.

Fees: \$15.....Members

\$20.....Participants

Ask about our sibling discount!

Contact Jennifer Telfer for further information, 858-496-9622.

