

**“Just Play”**



**FITNESS AND TRAINING**

***“THE TIME IS NOW”***

[www.1614fitness.com](http://www.1614fitness.com)

**302.832.1614**

**Do you want to introduce your child to a healthy and active life style? 1614 Fitness believes that we can help!**

**Using over 20 years of experience in assisting young people improve their mental and physical well being, 1614 Fitness has designed “Just Play”. This fun group class has been created to help children ages 7-11 establish good healthy habits while incorporating workouts that teach them proper body position and function. Join us in weekly workouts perfect for all levels that incorporate body lifts, running and jumping as well as using tools such as medicine balls, balance trainers and even parachutes.**

**Wednesdays at 6:30**

**June 3<sup>rd</sup> – August 12<sup>th</sup>**

**\$169.00**

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