



# YOUTH FITNESS PROGRAM

## Calling All Parents!

There is a global childhood obesity and inactivity epidemic today along with many health concerns that it associates with. Is your child getting the recommended at least 60 minutes of physical activity per day? If not, we are here to help! L.I.F.E Health and Fitness Center is offering fitness classes and one-on-one personal training (PT) sessions for children ages 8 to 17.



**Classes as low as  
\$7.50/class for each  
child**

**50% off Personal  
Training sessions for  
Early Sign-Ups**

**Health and Fitness  
Coaching/Guidance**

**Fun and Educational  
classes**

**Positive  
Transformation  
Guaranteed**

## **L.I.F.E HEALTH & FITNESS CENTER**

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