



# 2015 SESSION | JUNE 15–AUGUST 6

Individuals covered by PEIA may qualify for the Kids in Motion Weight Management Program paid for by PEIA. Call Jamie or Liz to find out if you qualify.

## FAMILY FIT PROGRAM

Family Fit provides a revolutionary opportunity for families with children ages (5-17) to participate in a 8 week program that will get the kids moving and having fun, while learning about fitness and nutrition. This program provides parents with a unique opportunity to be true examples of health in the home and to actively participate with their children. While the workouts are geared toward having fun and involving the children, they are very effective for adults too! This program will not only focus on fitness, but also nutrition education. Each session includes two opportunities for hands on learning at Huntington’s Kitchen as well as one grocery store tour for further nutrition education guided by a registered dietitian. Body Mass Index (BMI), body measurements, weight, height, and performance measurements will all be tracked for each participant’s progress. Reach your family goals of a healthy life; reach them TOGETHER!

**Family Fit:** Classes will be offered Monday | Tuesday | Thursday.

\$150 Family (2 Parents) Member | \$200 Family (2 Parents) Non-Member | \$100 Single Parent Member | \$150 Single Parent Non-Member

\* MOVband Fitness trackers with incentive program \$40 each; see Jamie or Liz for questions

## KID FIT PROGRAM

Kid Fit program provides children ages (8-14) a unique group exercise training program with their peers. Children will experience exercise like never before; through exergaming equipment. This equipment provides a “game” like atmosphere to our workout facility and unique games that involve exercise. This program will focus on fitness, but also nutrition education. Each 8 week session includes two opportunities for hands on learning at Huntington’s Kitchen as well as one grocery store tour for further nutrition education guided by a registered dietitian. Body Mass Index (BMI), body measurements, weight, height, and performance measurements will all be tracked for each participant’s progress.

**Kid Fit:** Classes will be offered Monday | Tuesday | Thursday.

Members \$50/8 week session

Non-Members \$75 (Includes 1 year Youth Membership to Phil Cline Family YMCA)

\* MOVband Fitness trackers with incentive program \$40 each; see Jamie or Liz for questions

**FOR MORE INFORMATION, CONTACT JAMIE BERRY AT 304.697.7113 OR EMAIL KIDSINMOTION@HUNTINGTONYMCA.ORG.**

 [www.facebook.com/kidsinmotionhuntingtonymca](http://www.facebook.com/kidsinmotionhuntingtonymca)