

Are you looking for a non-competitive, fun fitness class for your children? Then come and check out our Fun-n-Fitness class for ages 8-12 years. Classes are held on Mondays and Wednesdays from 4:00-4:45PM.

Class is lead by Cindy Stephens, a certified personal trainer. Cindy has been in the fitness industry for 20 years, with many of those years spent on programming for children. Each 45 minute session is developed around fun and games.

Every Wednesday is held in the pool!



Fun-n-Fitness

(ages: 8-12 years)



www.ci.broomfield.co.us/recreation 303.460.6900—call to register today!