



KEEPING GIRLS HEALTHY AND ACTIVE

Fit & Fun Club for School-Age Girls

This is a great way for girls to socialize while learning to establish healthy habits. Classes include ideas on healthy eating, fun exercises and activities. We are excited to bring this program to the Bayshore Family Success Center in conjunction with The Community YMCA's Red Bank Family Health & Wellness Center.

Tuesdays | 3:30-4:30 p.m. | April 7-May 26

For more information and to RSVP please contact 732.497.3811 or amaresco@cymca.org.



THE COMMUNITY YMCA
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The Center is operated by The Community YMCA and funded by the New Jersey Division of Family and Community Partnerships.