

Fit Kids and Sibs Adapted Fitness

Free Fitness for the Family



P: 210.227.0170

F: 210.227.0812

www.anybabycansa.org

Free Family Fitness Fun!!!

For 3 Saturday's we will be offering free exercise and nutrition classes for the whole family to attend!

Come out and join our kids' group **cycling, aerobic, and yoga** exercise classes and get moving!

While the kids are exercising parents can join our **nutrition classes and cooking demos** from professional chefs. Let's get cooking!

All participating families will receive **FREE** Fitness items:

- *****Door Prizes*****
- Exercise DVD
- Resistance Band/ Jump Rope
- Water Bottle
- Healthy Snacks/Recipe Booklet
- Nutrition Education Booklet
- Diabetes Education Booklet
- And much more!

WHERE:

DR Semmes Family YMCA
3233 N. St Mary's 78212

WHEN:

Saturday's 10-11:30am
July 30
August 6
August 13



Great door prizes each day!



Goodie bags for all participating kids!

To RSVP your spot please call Any Baby Can at: (210)547-3014



Any Baby Can · 217 Howard St · San Antonio, TX · 78212