

Wellness Connection Youth Fitness Program



Afternoon Activities for Youth 7-13!

Kickboxing • Swimming
Circuit Training
Sports Conditioning
Plus Fun and Healthy Recipes

January 12 - February 18

Location: Wellness Connection
Sign up by January 8.

When: Tuesdays & Thursdays
3:30 - 4:15 p.m.

*Heather Ballard, BS Fitness
Management, MS Exercise Physiology and
Nicky Yeatman, RD, LD, CDE - Clinical Dietitian.*



OCH HealthPlex
Wellness Connection

323-WELL (9355)

Members/children \$40
Non-members/children \$55