

We offer state-of-the-art, kid-friendly equipment with fun and innovative programs for kids between the ages of 5 and 12.* Our goal is to build self-esteem, stronger bodies and to empower you and your kids to be fit and be happy!

Our experienced staff are motivating and fun-loving professional trainers who will work with your kids to be their best.

* FOR CHILDREN AGES 5-12: For the safety and well-being of our members, KidsFit Club staff reserves the right to request the presence of a parent if deemed necessary.

KidsFit Club has a circuit-training approach that combines cardio, strength building, and interactive xergaming equipment. Climb our Treadwall. Dodge and weave as you Powerbox with Jackie Chan.

Test your speed and agility like an NBA player with the Makoto. Experience smooth action with our Waterwheel Rowing Machine. Or pedal and play games at the same time on the Brain Bike, plus much more!

KidsFit CLUB
at the jcc

where fitness meets fun!

FREE - JCC Fitness & Premium Members

\$10 - Per Session for Non-Members

**By Reservation
Call 952.381.3408**

