



# Fit & Strong Kids

## Small Group Training for Children

With the direction of a certified personal trainer, participants will focus on functional training, building strength, and improving cardiovascular health.

### Activities include:

- Learn proper weightlifting technique with dumbbells and barbells, including squats, lunges, bench press, rows.
- Engage in conditioning training with unique equipment such as ropes, rowers, medicine balls and kettlebells.

**Dates:** July 11 – August 4

**Days:** Mondays and Wednesdays

**Time:** 10:30 a.m. – 11:30 a.m.

**Cost:** \$69

For more information or to register, please visit the Member Services desk, call 515-226-9622, or go to [mercyhealthfitness.com/fitness-for-kids](http://mercyhealthfitness.com/fitness-for-kids).