



KIDS POUND

6-week session / Ages 7-12

Need a fun way to get your kids off the couch and moving? Pound is a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!

Instructor: Angie Webb | \$30 per child



Cedar Falls
THE REC CENTER

TO SIGN UP
call the front desk at
319-273-8636
or register online here:
bit.ly/32tLBWT

Each Saturday from January 8-February 12 from 9-9:45 am