



KID-X



### WHAT IS KID-X?

It's a youth fitness program designed for children 7 to 12 to provide overall fitness in a fun, positive, and family friendly environment. Participants will take part in speed, agility, balance, and core strengthening using relays and floor exercises.

Saturday 1/15, 2/5

Time: 10 am

Only \$5



SR 54

Livingston



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