

Fit Families

**Now is the perfect time to get the whole family involved in healthy living. Whether you are a single mother/father or a family of ten; this is the opportunity to engrave healthy life choices in your children while practicing what you preach at the same time! Learn the fundamentals of exercising and stretching in Fit Families! We will use your own home, backyard, park, and more to get an Exercising Workout!!**