

# KickStart

Program for members 8 - 13 years old!

According to recent studies, 45 minutes of moderate physical activity for children helps to improve mental health, focus in school and aids in preventing childhood obesity.

KickStart is an entry-level program for children who currently lead a sedentary lifestyle.



## Kids Move Class Schedule:

### **Mondays**

4:30pm-5:15pm (Large Group Fitness Studio)

### **Tuesdays**

9:00 am - 10:00 am (Mind/Body Studio)

### **Wednesdays**

4:30pm-5:15pm (Large Group Fitness Studio)

### **Thursdays**

9:00 am - 10:00 am (Mind/Body Studio)

4:30pm-5:15pm (Large Group Fitness Studio)

FREE for members/\$49 non-members

For more information, please contact  
Jenna Souhrada at [jsouhrada@iwp-llc.com](mailto:jsouhrada@iwp-llc.com)  
or call (309) 433-9355!

  
Carle  
Health & Fitness Center