



BACKYARD FITNESS & GAMES

Come join in on the fun with Backyard Fitness & Games by X-Fit Training! Discover all the wonders around your house as your children get fit and stay fit.

Our Backyard Fitness & Games will:

1. Give your children knowledge of health and nutrition.
2. Teach them exercises that they can do all school year.
3. Show them how to play games with simple household objects.
4. And go on scavenger hunts inside and outside of the house.

Mondays & Wednesdays • 2-4pm

Monthly: \$8 per class • Drop-ins: \$10 per class

Classes run via Zoom

Register online at www.herculesrec.com

xfit.jr@gmail.com

(510)-289-4200