



Recreation Services  
City & County of Broomfield

Are you looking for a non-competitive, fun fitness class for your children? Then come and check out our Fun-n-Fitness class for ages 8-12 years. Classes are held on Mondays and Wednesdays after school from 3:45-4:30pm. Each class is lead by Cindy Stephens, a certified personal trainer. Cindy has been in the fitness industry for 20 years, with many of those years spent on programming for children. Each 45 minute session is developed around fun and games.

*Sign-up for the January Session and bring a friend for free during the first week.*



# Fun-n-Fitness

(ages: 8-12 years)

January

## Special Activities:

Flippercise in the pool Jan. 5 & 19

Climbing Wall Jan. 31

M/W 3:45-4:30pm

course #15120 (January 3-31)



[www.ci.broomfield.co.us/recreation](http://www.ci.broomfield.co.us/recreation)  
303.460.6900