



FIT START

FOR YOUNG WOMEN
& YOUNG MEN



AGE-APPROPRIATE FITNESS



NUTRITION



SELF-ESTEEM



KINDNESS & RESPECT



SOCIAL MEDIA RESPONSIBILITY



& MORE

WHERE: KEY BISCAYNE COMMUNITY CENTER

10 VILLAGE GREEN WAY

PHONE: (305) 365-8900

AGES: 11-17

SESSION I: SEPTEMBER 12-NOVEMBER 21

[10 CLASSES; NO CLASS OCT 31]

YOUNG MEN: TUESDAYS 5:00- 6:00PM

YOUNG WOMEN: THURSDAYS 5:00- 6:00PM

COST: \$120/SESSION FOR MEMBERS OR \$144/SESSION

FOR NON-MEMBERS (PRO-RATING NOT ALLOWED)

KEY BISCAYNE RESIDENTS ONLY