

KidFit

GETTING KIDS FIT FOR LIFE



KidFit is a program for kids ages 8-12 to learn healthy eating and exercise habits while having fun! KidFit is perfect for kids who struggle with weight management or who don't get enough physical activity.

Tuesdays and Thursdays

5:00pm-6:00pm

cost: \$12 drop-in rate



A Collaborative Partner of Cayuga Medical Center

For more information
see our Members Services Desk

