

FAITH & FITNESS



**FREE
6 WEEK PROGRAM!**

**MATTOON YMCA: TUESDAYS
BEGINNING 3/24 4:30-5:15PM**

**NEAL CENTER YMCA:
WEDNESDAYS BEGINNING
3/25 4:30-5:15PM**

**FAITH & FITNESS
HELPS KIDS BUILD A HEALTHY LIFE
ON A FOUNDATION OF FAITH
WHILE GROWING STRONGER IN
SPIRIT, MIND, AND BODY.**

AGES: 7-12

Each 45-minute workout combines fun movement, games, and age appropriate lessons that teach kids their bodies are a gift from God and should be cared for with purpose. The program encourages healthy habits, confidence, positive character, and being fit inside and out.

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