

Fit 4 Life Kids Club

Children 17 & Under

*Cognitive Behavioral Therapy to address underlying issues to overeating, self esteem & goal setting taught by Rebecca Norris, LCPC

*Group Fitness Class's ranging from cardio, pilates, stretching, calisthenics and weight training taught by certified personal trainer, Beth Parry.

*Support from other children the same age with the same weight issues.

\$120 per six week course

**Most insurances do cover cost!*