



Youth Exercise Classes

Fitness Training For Kids

Youth Exercise Classes
with Certified Personal Trainer Holly Kouvo of Fitting Fitness In.

Who: Children & Adolescents (8yrs—18yrs) .

What: 60 minute classes.

Where: SwymFit, 90 Swanson Road, Boxboro, Massachusetts
(Exit 28 off Route 495)

When: Six-week program beginning March 25th running thru
May 8th (no classes the week of April 21st– 25th)

When: Tuesdays & Thursdays 5:00—6:00pm

Cost: 1 class/week 2 classes/week
\$150/person \$300/person



Space is limited to six people per class!

Call Holly Kouvo at 978-502-8781 or sign up online at
www.FittingFitnessIn.com.

Pre-Registration is required.

(Pediatric West patients are eligible for a 50% reimbursement upon completion of program from
Pediatrics West, P.C.)