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**BY POPULAR DEMAND…..**

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**Kids Spin starting the week of October 20th**

**Tuesdays or Thursdays 4:00 – 4:45**

Spinning is a safe, healthy and low-impact form of exercise for kids. It's easy to learn, suitable for all body types and fitness levels, and allows a group to exercise safely in one easy-to-monitor location.

* Kids must be at least 50 inches tall to participate
* Pre-registration required
* Cost is $90 for a 6 week session (meets 1x a week)
* Registration is on a first come basis.

**Fit Revolution** is proud to offer this new class to get kids excited about fitness and help start the development of lifelong healthy habits.

**To register go to** [**www.fit-rev.com**](http://www.fit-rev.com) **and click on “sign up for a class”, each participant should create an account and sign up under Events.**