

FAMILY FIT ON ZOOM!



Grab an adult and get active with other kids around you! Join your instructor, Jen, in getting fit with some choreographed cardio moves, strength training, and some fun games/activities. Your time together will wind down with working on flexibility through yoga inspired movements.



For more information:

Cindy Agan
413.568.8631
cagan@westfieldymca.org



Saturdays

February 20 - March 27

9:30 - 10:15AM

ALL FAMILIES AND COMMUNITY MEMBERS WELCOME!

Register and get the Zoom link at westfieldymca.org

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