

Fall / Winter Youth Fitness Program

Ages 9 - 13

Older Youth Programs Available

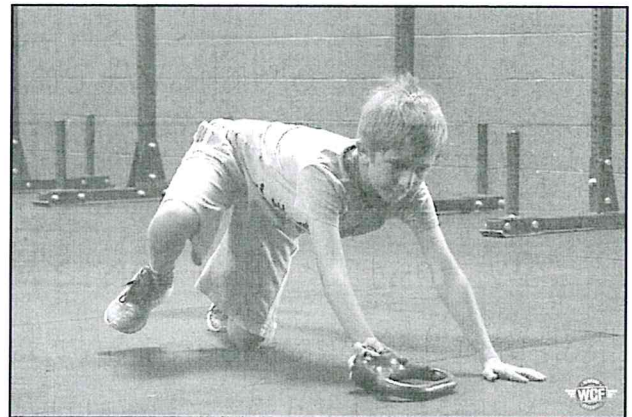
Living healthy at **every age and stage** is important. We believe the youth should understand the importance of physical activity and learn to make healthy lifestyle choices.

Our programs are **fun and functional fitness programs** designed to be age appropriate and promote healthy habits.

Tuesday & Thursday

7 - 8 pm

\$85 per month



Call or email for details

terri@crossfitwarriorlegion.com

631-404-6528

CrossFit Warrior Legion

280 West Montauk Highway, Hampton Bays

