

islamorada, village of islands
founders park
presents

youth fun fitness

We desire to create a program revolving around creating realistic fitness goals for each individual child & achieving them through a fun & encouraging atmosphere. The only person the child will compete against is themselves. Each improvement will be praised and rewarded. Incentive program is based on individual improvement and will be provided for all levels of fitness. The program is aimed at boys and girls between the ages of 8 & 14.

Topics include: Nutrition, Diet, Portion Size, Types of Exercise, and more

For any and all inquiries you may contact either Corey or Mikey
at 305 853 1685
or email Mikey at
mikey.onsgard@islamorada.fl.us

We want your questions, concerns, and input!

What sort of ideas do you have that would guarantee you to enroll your child in the program?