KIDS FORTE

The Sanford Wellness Center at Oxbow offers an 8 week Kids Forte program.This structured program includes pre and post testing, dynamic warm ups, skill and strength exercises, a conditioning workout and a cool down session. All classes will take place Monday and Wednesday evening in the Forte Training Room.

Ages: 9-12
Dates: M/W December 6-January 27
Time: 5:00pm - 5:45pm
Location: Oxbow Training Room
Cost: $49 + tax

Learn more or sign up at the front desk!

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