

## **THE KROC CENTER CONTINUES ITS YOUTH IN FITNESS CLASSES**

The Kroc Center's Youth in Fitness Classes program allows children ages 8-15 to participate in the following fitness classes: POUND®, Zumba®, Kroc Dance Fitness, Les Mills BODYFLOW™, Gentle Chair Yoga, Slow Flow Yoga, Yoga, and Les Mills BODYCOMBAT™. Children ages 8-11 must have a parent or guardian attend the class with them or be present in the fitness studio. Children ages 12-15 must have a parent present in the facility while the child attends the class. For class descriptions please go to [krocquincy.org](http://krocquincy.org). Look for classes with the star icon to identify if a class is a Youth in Fitness Classes activity. Please note: Fees may apply.

The Youth in Fitness Classes initiative started in June of 2018 following a report published by 24/7 Wall Street stating that 37% of the adults in Adams County are considered to be obese. The Kroc Center chose to run a trial program that summer, Youth in Fitness Classes, which allowed children ages 8-15 to attend group fitness classes with a parent or guardian. Following the trial period, it was officially added to The Kroc Center's programs.

“We want to help children learn at an early age how to be active and develop healthy habits,” stated Fitness and Wellness Specialist Melissa Harris. “As a fitness facility and foremost community center, hearing the results of the 24/7 Wall Street report was eye-opening. We want to be sure The Kroc Center is always providing options for the youth in our community to take part in. We strive to teach children healthy habits that they can carry with them into adulthood. By launching the Youth in Fitness Classes initiative, we hope to gain further insight into the needs of our community and develop solutions for a healthier future.”

For more information about the Youth in Fitness Classes Program, please contact Melissa Harris at 217-231-5638.