

# Get Active!

**KOHL'S Cares**   
Committed to Kids' Health and Education

 **Akron  
Children's  
Hospital**

Present the

## Future Fitness Club

The Future Fitness Club features fun, non-competitive activities to promote healthy fitness and eating habits and safe, gradual weight loss, including: obstacle courses, rope jumping, relays, games and circuit training. The program, for kids ages 8 to 13, now offers new incentives to help them meet their fitness goals. The Future Fitness Club meets 3 times per week for 8 weeks. The cost is only \$30 per session.

For details on how to get started, please call the location in your area as listed below or Akron Children's Hospital at 330-543-2126.

**NEW IN 2012...Parent nutrition sessions !**

Parents are recommended to join the 3 to 4, 30-45 minute sessions that will teach you healthier eating habits at home. Dates and times TBA at the start of each session.

### Macedonia Family Recreation Center

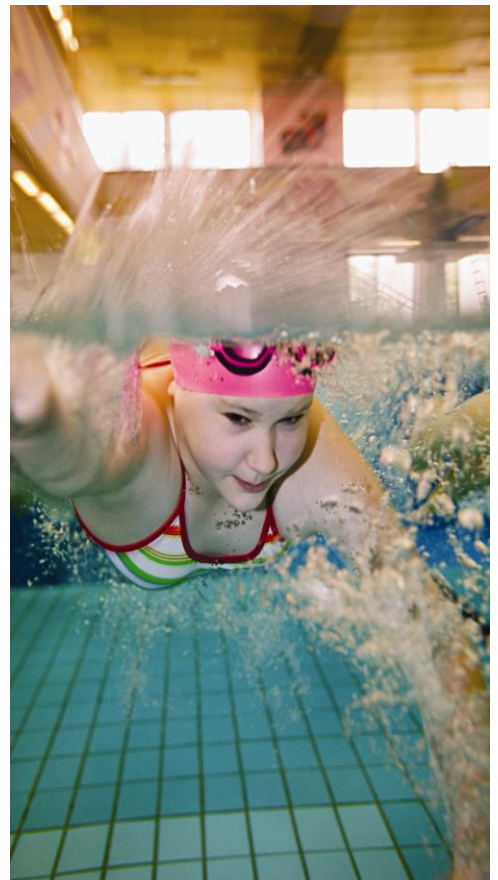
1494 East Aurora Rd.  
Macedonia, Oh 44056

**January 10, 2012-March 1, 2012**

Tuesday & Thursday  
4:45p.m.-5:45p.m.

**\*Participants will be given a FREE day pass  
each week to use the pool for their third  
day of activity!**

**TO REGISTER PLEASE CALL  
330-468-8375**



For more information go to  
[akronchildrens.org/kohlsfitness](http://akronchildrens.org/kohlsfitness)