



# Fit WIC The Y's Way



## A FREE Fitness Program for WIC Families

Fit WIC the Y's way is a free class for moms, dads, caregivers & children in WIC! Have you ever wanted to try an aerobics class, use a treadmill, or exercise with a friend and win prizes at the same time? This four week program is for you! Free child-care is available for children 6 weeks- 5 yrs. old and must be registered.

## Fit WIC the Y's Way Classes

Classes begin Feb 6<sup>th</sup>, March 6<sup>th</sup>, April 3<sup>rd</sup>, May 1<sup>st</sup>

**Tuesdays & Thursdays**

**9:00am - 10:10am**

at the

**Rochester Area Family Y**

709 First Avenue SW, Rochester

**Free Child Care**

**Healthy Snacks**

**Must be part of the WIC program to sign up.**

Need a translator to participate? Bring a friend to interpret and they can participate!

**Take time for your family to be physically active and have fun!**

**Win swimming passes to new Aquatic Center!**

**Just blocks from the city bus route.**

To sign up for Fit WIC the Y's Way, call:

Rochester Area Family Y

(507) 287-2260 extension 354



***Sign up today! Space is limited.***

**\*This program is not specialized for pregnant women.**

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