



FUN, FITNESS, FOR KIDS AND TEENS!

WOD Squad is a fun way for your kids and teenagers to get off the couch, away from the TV screen, and physically fit!!! Here they will be instructed and educated on how to live healthy lives through diet and exercise. The classes are always led by 1 to 2 Coaches that will instruct your kids through a workout of the day (WOD) enabling them to develop strong muscles and cardiovascular health. Overweight kids/teens will lose weight safely, and underweight kids/teens will drastically improve muscular function.

Classes are held every Tuesday and Thursday from 4:30pm to 5:15pm.

CALL FOR YOUR CHILD'S FREE WEEK

330-334-8300

(This is not a Wadsworth City School event)