

FIT

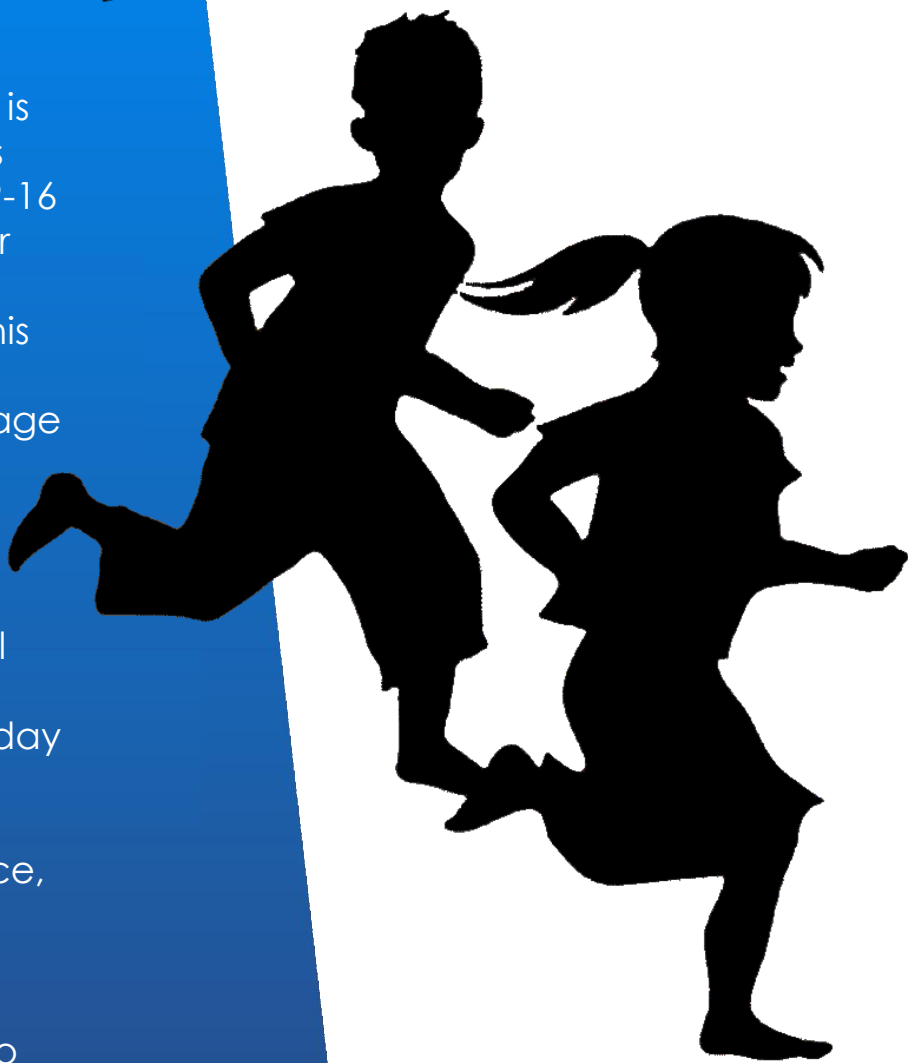
KIDS



The Boston Ability Center is offering a 10 week fitness group for children ages 9-16 to assist in increasing their physical fitness, strength, and peer relationships. This will be a unified learning experience that will engage mind and body, while maintaining a fun atmosphere.

The 10 week program will be run by two physical therapists every Wednesday afternoon from 5:30-6:30, with an emphasis on cardiovascular endurance, strength training and flexibility.

For more information or to register, please call or email the front desk!



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