

# KidsFit

In Motion



## WINTER 2025 Calendar

KidsFit in Motion, led by Ignite One, will offer Youth Fitness Programming. Get ready for non-stop fun with awesome music, fitness games, cool dance moves and chances to win prizes! You'll get stronger, faster and have a blast with your friends. Don't miss out!

Classes are **FREE** and graciously funded by the Devils Youth Foundation.

Location:  
**Kids Fit in Motion at the  
Rev. Dr. Ronald B. Christian  
Community Health & Wellness Center**  
208 Lyons Avenue  
Newark, NJ 07112



Scan to register or email  
[Kerri.likakis@rwjbh.org](mailto:Kerri.likakis@rwjbh.org)  
or call 973-926-7371



### KidsFit in Motion (5-7 years old)

Every Saturday:

January 4 - March 31

*(Class will be virtual on January 25, February 22 and March 22)*

*No Class Feb 15 or March 8*

9:00 - 9:45 a.m.

This fun weekend class will help young children improve their mobility, flexibility, and coordination through a variety of fitness games and dance moves. Wear sneakers!



### KidsFit in Motion (7-13 years old)

Every Saturday:

January 4 - March 31

*(Class will be virtual on January 25, February 22 and March 22)*

*No Class Feb 15 or March 8*

10:00 - 11:00 a.m.

This fun weekend class will help kids improve their mobility, flexibility, and coordination through a variety of fitness games and dance moves. Wear Sneakers.



### KidsFit in Motion (12-17 years old)

Every Wednesday:

January 8 - March 26

4:30 - 5:30 p.m.

Grab your sneakers and join us after school for a fitness session that improves your strength, mobility, and flexibility!

