

KidsFit[®]

In Motion

SUMMER 2025 Calendar

KidsFit in Motion is a youth fitness program designed to get kids moving, build healthy habits and boost confidence. Our enthusiastic fitness professionals motivate kids with cool prizes and help them develop a strong foundation of strength, flexibility, coordination, and balance.

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
or call **973-926-7371**

A parent or guardian must stay for the duration of the class.



**RWJBarnabas
HEALTH**

**Newark Beth Israel
Medical Center**



Happy Feet Fitness (3-7 year olds)

Every Saturday: July 12- Sept 27

No class July 5 and August 16

Class will be virtual on July 26

9:00 - 9:45 a.m.

A fitness class perfect for little ones who need to move! Families are welcome join in the fun! Wear sneakers.



Cardio Kids Jam (7-13 years old)

Every Saturday: July 12- Sept 27

No class July 5 and August 16

Class will be virtual on July 26

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.



Strong Her Pilates (girls 12-18 years old)

Every Monday: July 7- Sept 29

No class Sept 1

4:30 - 5:30 p.m.

Pilates builds strength, flexibility and balance with slow and controlled movements that focus on your core and lower back muscles. Class is typically done barefoot.



Athletic Conditioning (12-18 years old)

Every Monday: July 7- Sept 29

No class Sept 1

5:30 - 6:30 p.m.

This total body workout combines movements that will build strength and improve endurance, agility and flexibility. Wear sneakers.