

Strengthening Community



Bayshore Family Success Center

# KEEPING GIRLS HEALTHY & ACTIVE

## Fit & Fun Club for School-Age Girls

The Fit & Fun Club is a great way for girls to socialize while learning to establish healthy habits. Classes include ideas on healthy eating, fun exercises and activities.

We are very excited to bring this program to the Bayshore Family Success Center in conjunction with The Community YMCA's Red Bank Family Health & Wellness Center.



**Mondays | 4 – 5 p.m.**  
**September 20 – November 9**

For more information and to RSVP please contact 732.497.3811 or [familysuccess@cymca.org](mailto:familysuccess@cymca.org).

### THE COMMUNITY YMCA

BAYSHORE FAMILY SUCCESS CENTER | Henry Hudson Trail Activity Center  
945 State Highway 36 | P: 732.497.3811  
Leonardo, NJ 07737 | [familysuccess@cymca.org](mailto:familysuccess@cymca.org) | [TheCommunityYMCA.org/bfsc](http://TheCommunityYMCA.org/bfsc)



The Center is operated by The Community YMCA and funded by the New Jersey Division of Family and Community Partnerships.

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815-2317-BFSC