

# Kids are our future!

Total Fitness Family Center is proud to announce our new Children's Outreach Program which is designed to promote growth, good health, & well being in children of all ages and backgrounds.

Our goal is to provide children with a basic understanding of healthy nutrition and an introduction to fitness while in a fun, family oriented environment.

Please join us in getting our children of tomorrow motivated. Let's help by building their knowledge, self-esteem, and overall health at Total Fitness Family Center.

864-295-3687



● Daily Exercise

● Kids Aerobics

