



THE WELL

HEALTH & FITNESS

FOUNDATIONS

Building strong movers from the ground up

Our kids learn how to move well first — jumping, landing, balancing, pushing, pulling, and running with control.



- Improves coordination & body awareness
- Builds confidence in movement
- Sets the foundation for lifelong activity

CONFIDENCE

A positive, encouraging environment

Every child is coached, supported, and celebrated. We focus on effort, progress, and trying new things — not perfection.



- Encouraging coaches
- Small group attention
- Confidence that shows up outside the gym

FUN

Fitness that kids actually enjoy

Classes feel like play — but with purpose. Games, challenges, and teamwork keep kids engaged while they're learning important skills.



- Age-appropriate strength training
- Games & challenges
- Safe, supervised environment

KIDS STRENGTH & MOVEMENT CLASSES

AGES 7-11

WWW.THEWELLBG.COM



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BOWLING GREEN

PROGRAM DETAILS

- The Well Health & Fitness
- Weekly classes (limited spots)
- All fitness levels welcome

EMAIL OR TEXT FOR
DETAILS & AVAILABILITY