

Hy-Vee
KIDSFIT™
FREE
FAMILY
WORKOUT

Meet **Daira**
 Hy-Vee's KidsFit
 Trainer

JOIN US FOR A WORKOUT
 AND HEALTHY SNACK AT A
Hy-Vee STORE NEAR YOU!

SATURDAY, 2/20
 8:30 a.m. | **Hy-Vee** 3221 SE 14th Street, Des Moines
 10:30 a.m. | **Hy-Vee** 4815 Maple Drive, Pleasant Hill

SUNDAY, 2/21
 8:30 a.m. | **Hy-Vee** 2510 SW State Street, Ankeny
 10:30 a.m. | **Hy-Vee** 410 N Ankeny Boulevard, Ankeny

REGISTER TODAY
 Contact your Hy-Vee dietitian
 today to sign up your family!

CHECK OUT
hy-veekidsfit.com
FREE PERSONAL
TRAINER FOR KIDS

SUNDAY, FEBRUARY 21ST
10:30AM-11:30AM
KIDSFIT
FREE FAMILY WORKOUT

Get fit with Hy-Vee KidsFit

Daira, the Hy-Vee KidsFit coach will lead kids & parents through a fun workout. Tips and tricks on picking healthy snacks to keep you energized will be provided! Registration is required and guarantees a FREE t-shirt and healthy breakfast snack for each child. For more information and to sign up, contact your N. Ankeny Blvd Hy-Vee dietitians, Jenny or Laura.

TAKE THE
5 WEEK
CHALLENGE

Trophy icon

Person jumping icon

Graduation cap icon

Apple icon

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