

Key Objectives

Provides FREE high quality sports, fitness, recreation & well-being experiences for community families.

Encourages Moms & their Children to have fun while being active together.

Children participate in age-appropriate, structured sports & recreation activities that teach the importance of physical health in a fun way.

Mothers have the opportunity to focus on their personal health; try various sports & fitness activities; learn health & wellness tips.



Funder Acknowledgement



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Together We Fit

Making Health & Fitness fun for women and their children



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