

MVP Hosts Healthy Activities for Children

The athletic club has partnered with the Boys & Girls Club to teach kids spinning and more.

By RACHEL WHETSTONE
Daily Sun Staff Writer

LADY LAKE

A group of local kids is working on being healthy with the help of a Villages business.

MVP Athletic Club in Spanish Springs has partnered with the Boys & Girls Club of Lake and Sumter Counties' Lady Lake unit to provide eight weeks of fitness classes to nine of the club's kids.

Each Thursday afternoon, the children who attend the Lady Lake club and are 12 and older go to MVP for "Fit Thursdays," which includes an hourlong exercise class.

This week, the kids attended Group Groove, a dance exercise class to pop and hip-hop music.

"I really like it," said Tyler McLean, 13. "I like how they bring a whole lot of people together and we get to do fun stuff, and it helps us exercise, and I've always liked exercising."

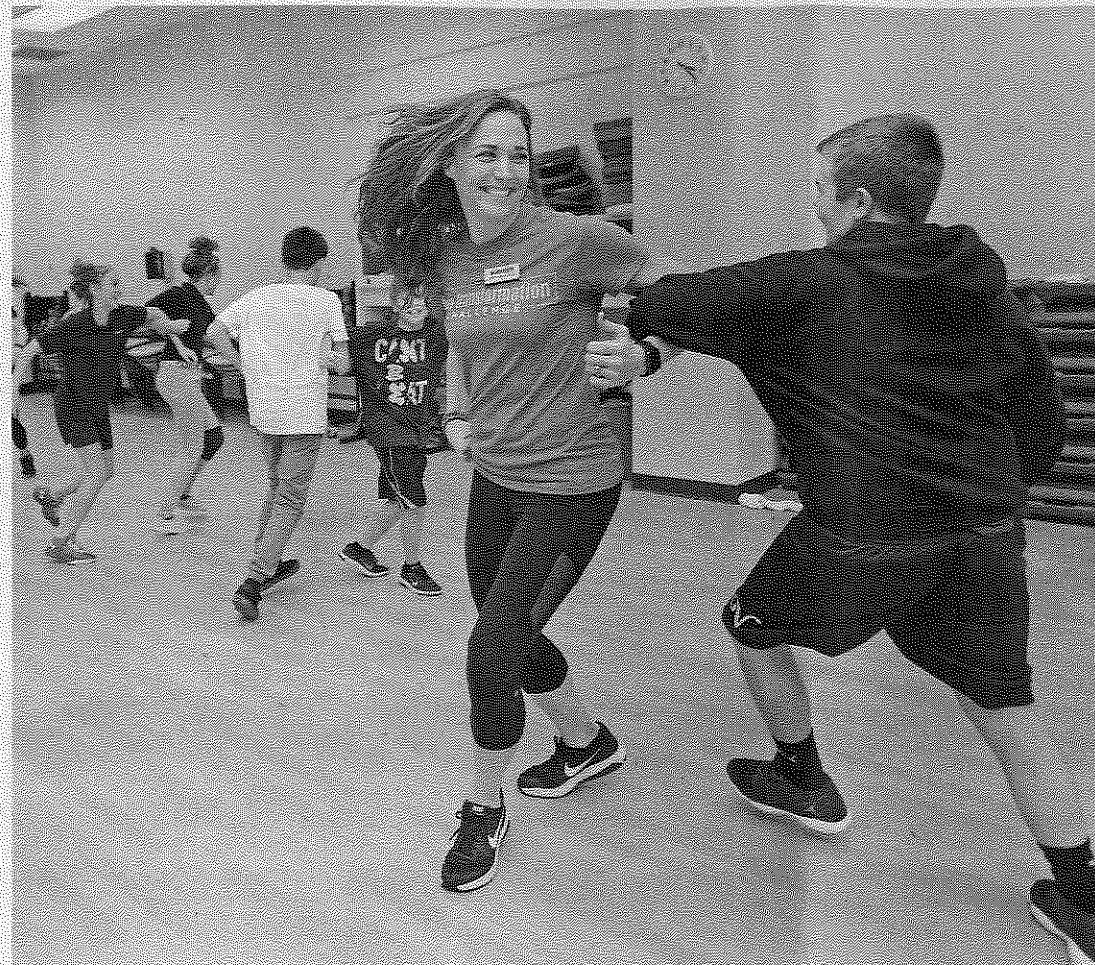
Thursday was the third installment of the program. Tyler said he liked the previous week's cardio class the best so far.

"We had to use our feet for steps, so it really got our cardio going, and I really liked it," he said.

Tyler, a Villages Charter Middle School student who loves to run, said the Boys & Girls Club has taught him the importance of exercising and being healthy.

"I think this is really a good opportunity for us, because we don't really get to do stuff like this," he said. "We usually just get to go outside and have fun, but I really like this. It gets our blood pumping."

Tonya Porter, the unit director of the Lady Lake club, said one of



Summer Yoder, of MVP Athletic Club, front, does the Cotton-Eye Joe dance with Bobby Calkins, 13, during a Group Groove workout session hosted by MVP Spanish Springs in partnership with the Boys and Girls Club of Lady Lake.

about taking care of their bodies, and how the younger they start, the better off they'll be when they get older," she said. "It teaches them about taking care of their mind, body and spirit, and definitely in the physical aspect of it, so what they do here with MVP really does help them in that way."

Porter said the kids participating in the program are excited about it.

"They enjoy it and get to work out and get to experience different machines that they probably wouldn't get to participate with," she said. "I think it's

Many of the kids have said they especially enjoyed the spin, or cycling, class, she said.

"They really got a good workout and it really got them to talking," Porter said.

MVP Director Leah Ginn said Fit Thursdays have been a success so far.

"The kids leave with smiles, so that's always a plus," Ginn said. "I think they're a little surprised at how hard it is, but they're having fun, too."

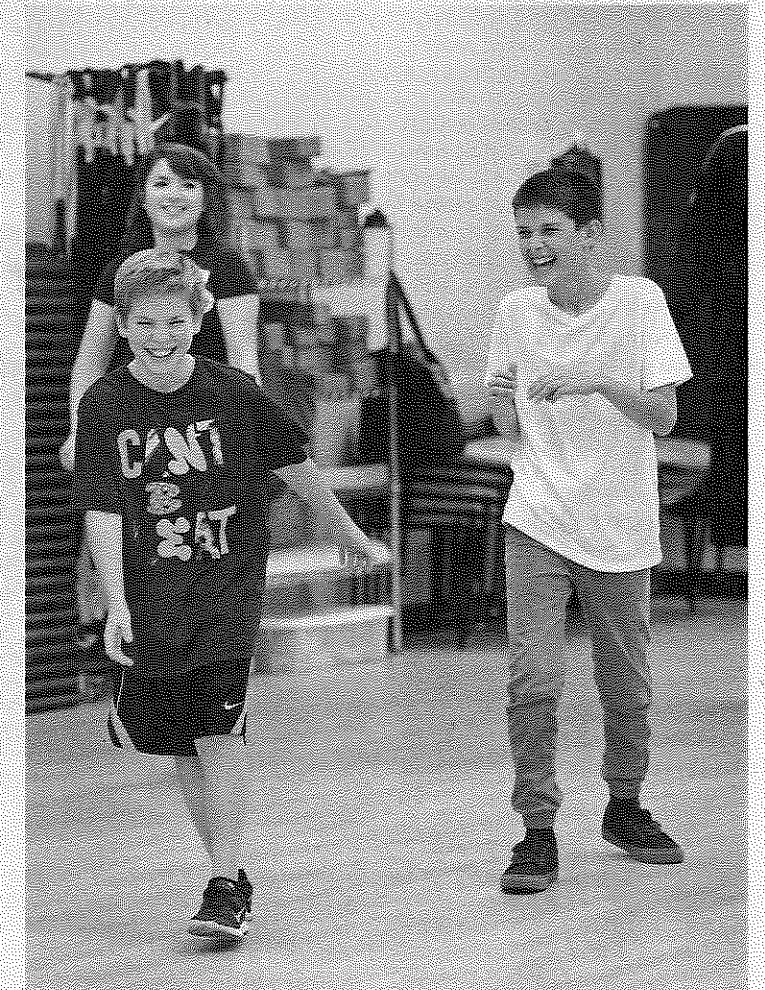
She said MVP is hoping to show the kids what it's like to work out.

"Exercising and moving

move and get active."

In addition to the cycling, step aerobics and dance classes the kids already have taken, next week they will try yoga before repeating all four classes.

Rachel Whetstone is a staff writer at The Villages Daily Sun. She can be reached at 352-753-1119, ext. 9177, or rachel.whetstone@thevillagesmedia.com.



Haiden Baker, 12, front, and Tyler McLean, 13, laugh while dancing during a Group Groove workout session.

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