



# CrossFit KIDS



## *CrossFit Kids Adventure* **STARTING in February**

### Tuesdays

Coaches: Rob & Carolyn

Age

3:10	-	3:25p	(15 mins)	3 - 4
3:30	-	3:55p	(25 mins)	5 - 9
4:00	-	4:30p	(30 mins)	10 - 14
4:35	-	5:25p	(50 mins)	15 - 17

### Saturdays

Coaches will rotate: Dave, Carolyn, & Nathan

Age

11:00	-	11:15a	(15 mins)	3 - 4
11:20	-	11:45a	(25 mins)	5 - 9
11:50a	-	12:20p	(30 mins)	10 - 14
12:25	-	1:15p	(50 mins)	15 - 17

CrossFit Kids combines elements of gymnastics, bodyweight calisthenics, and weightlifting optimizing the general physical skills. Healthy living requires that our kids push, pull, run, throw, climb, lift, jump, effectively and safely regardless of athletic background. Each age group will have exercises and circuits catered to their abilities. Family discount of 15% off, applies to 2 or more kids enrolled in the program.

Pricing based on monthly dues, or one time drop-in rate is \$15, for any one class:

3 - 9 (yrs old):	1 class/week \$55	2 classes - \$70
10 - 17 (yrs old):	1 class/week \$65	2 classes - \$80

REGISTER:

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