

YOUTH ATHLETIC TRAINING

TUESDAYS 5:00 PM TO 6:00

STARTING
SEPTEMBER **18**

SESSION 1: September 18-October 23, 2018

SESSION 2: November 6-December 18, 2018

(No class on November 20)

Our high-energy cross training combines cardio, resistance, and functional training in a one of kind environment all while having fun and meeting new friends. This class is perfect for youth ages 8-12 who are new to fitness as well as those who already exercise and play sports. All movements are taught safely under the supervision of a certified instructor.

MEMBERS: \$80

NON-MEMBERS: \$100





YOUTH ATHLETIC TRAINING REGISTRATION FORM FALL SESSION 2018

STUDENTS NAME: _____ D.O.B. ____/____/____

PARENTS NAME(S): _____ PHONE #: _____

ADDRESS: _____ CITY: _____ ZIP: _____

EMAIL ADDRESS: _____ TODAY'S DATE ____/____/____

\$80 FOR MEMBER AND \$100 FOR NON-MEMBER PER SESSION

PAYMENT IS DUE AT TIME OF REGISTRATION

SESSIONS ARE ONCE A WEEK FOR SIX WEEKS. TRAINING GOES FROM 5:00 PM– 6:00 PM.

Circle which session your child(ren) will be attending:

Session 1 September 17th-October 27th

Session 2 November 5th-December 22nd (No classes the week of Nov. 20-22)

Our high-energy cross training combines cardiovascular/resistance/strength training and functional training in a one of a kind environment. Our program is designed to help kids and teens work on developing cardiovascular/muscular endurance, weight loss, team work and perseverance of physical and mental challenges. The atmosphere created by the class is fun and motivations which fosters a “can do” attitude. No two classes are the same. Kids and teens will not be bored and the originality of each workout keeps them excited about participating. All of the movements are taught safely and effectively under the close supervision of a certified personal trainer. For kids who are new to exercise, our program introduces them to fitness at an early age and makes it easier for them to continue this “healthy habit” for the rest of their lives. For kids who are already exercising or playing sports, our program is designed to help them reach their next level of fitness and improve their performance no matter what sport they play.