

## **KIDS FIT CLUB**

WHERE FITNESS AND FUN COME TOGETHER!



### **KIDS BASIC TRAINING:**

*Basic training is a beginner fitness class which is tailored to the child. Basic Training is a class consisting of workouts that are broad and inclusive by design. There will be games, obstacle courses, circuits, partner and team activities, full body and functional exercises all geared to incorporate fun into the workout. Goals will be set and the child will receive an achievement certificate upon successful completion of the program. Children will learn that a healthy lifestyle is a fun lifestyle.*

### **KIDS BOOT CAMP:**

*Boot Camp is an advanced fitness class which is tailored to the needs of the child. Powerful, short burst high intensity workouts will leave kids of any fitness level feeling accomplished. Obstacle courses, circuits, partner and team activities will be incorporated into the full body workouts. Discipline and hard work, mixed with fun and sweat will help each child achieve their goals. Each child will receive their "dog tags" upon successful completion of the program. Children will learn that a healthy lifestyle is a fun lifestyle.*

**All** classes include nutritional guidelines to educate the parents and the children on healthy eating habits!

*If you are interested in a more personalized approach, please call the office to learn more and to schedule a consultation appointment.*