

KIDS FIT Club

- Basic Training For Kids
- Boot Camp For Kids
- Summer Athletic Development Camps

KIDS FIT CLUB are fitness classes tailored to children from ages 6-16.

KIDS FIT CLUB is a program consisting of workouts that are broad and inclusive by design, tailored to fit the needs of each student.

KIDS FIT CLUB workouts are powerful, short burst, high intensity that will leave kids of any fitness level with a feeling of accomplishment.

KIDS FIT CLUB consists of games, obstacle courses, circuits, partner & team activities, full body & functional exercises geared to incorporate fun into the workout.

KIDS FIT CLUB workouts will ensure each child a feeling of success.



KIDS FIT CLUB will stress healthy eating habits with the children and parents.

KIDS FIT CLUB will teach that exercise and nutrition are a way of life.

KIDS FIT CLUB instructors will set weekly achievement goals with each student.

KIDS FIT CLUB will help your child to achieve better physical shape.

KIDS FIT CLUB...Its fitness and fun brought together!

Enroll now!

Call us! 248-474-7778

KIDS FIT CLUB CLASSES:

Basic Training:

5:00-5:45pm Monday-Wednesday

10:00-11:00am Saturday

Boot Camp:

6:00-7:00pm Monday-Wednesday

10:00-11:00am Saturday

Athletic Development Camp:

July 27-30 9:00am-12:00pm

KIDS FIT CLUB Annual Membership Fee:

\$40 (waived if enrolled in another program)

KIDS FIT CLUB Tuition (10 week session):

Basic Training: \$210

Boot Camp: \$260

monthly payment plan available

Pay for two days a week, get the third day free!

Session runs from June 22-August 28

Athletic Development Camp: \$195

(Participants will complete agility training, plyometrics, balance training, speed and core strength development)

PARENTS...Please make sure your child brings a water bottle and small towel to class!