FitKids 2019/2020

**This program is designed to**:

Teach kids proper exercise techniques

Help kids gain strength & confidence

Improve balance, coordination, & athleticism

Inspire kids to have a Strong Mindset

Give them *skills* that they will take with them into their teen years & adult life

**Class Times & Days:**

Tuesday’s, Wednesday’s & Thursdays 4-5pm **Ages:** 6-12

**Cost:**

$65/mo for 2X per week (any 2 days)

$85/mo for 3X per week

$50 for each additional child for either plan

\*$50 for AF members to add-on a family member

2 Member Family Membership $179 (unlimited classes for 1 adult & 1 child)

Try your first class for free: https://clients.mindbodyonline.com/classic/ws?studioid=953079&stype=41&sTG=31&prodId=10361

**Over 12 years old:**

We will be starting a Teen Lifters class in 2020 that will be held once a week for $100/mo

The goal of this class is to go in-depth with proper lifting techniques to ensure their safety, reduce injury, improve athletic performance and increase likelihood that they will continue strength training into adulthood.

Class size will be limited to allow for lots of coaching and instruction.