

# KIDS & TEENS FITNESS PROGRAMS

**KIDS BOOTCAMP** - A circuit style workout designed to get kids moving in a fun environment. *Minimum of 3 students.*

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	AUGUST FEES
7 - 12 yrs	Thursdays	3:45 - 4:30pm	Studio 1	Lindsay	M - \$60   NM - \$80

**KARATE** - Learn the basics & gain confidence, discipline, & focus, while getting a great cardio workout.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MONTHLY FEES
6 - 12 yrs	Mon. & Wed. Saturdays	6:00 - 6:45pm 11:00 - 11:45am	Studio 4	Sensei Jim	M - \$99   NM - \$171 ( <i>per month</i> )

**STRENGTH TRAINING** - Students will learn the fundamentals of strength training with a personal trainer.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	AUGUST FEES
13 - 18 yrs	Mondays	5:00 - 6:00pm	Weight Area	Mike	M - \$75   NM - \$100
12 - 15 yrs	Mon. & Wed.	3:30 - 4:30pm	Weight Area	Mike	M - \$135   NM - \$180
12 - 15 yrs	Tues. & Thurs.	3:30 - 4:30pm	Weight Area	Mike	M - \$135   NM - \$180
13 - 18 yrs	Thursdays	4:30 - 5:30pm	Weight Area	Mike	M - \$60   NM - \$80

**YOUTH SWIM FITNESS** - Learn new strokes & achieve personal goals. Students must be able to swim 2 laps.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	AUGUST FEES
5 - 18 yrs	Wednesdays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$60   NM - \$80
5 - 18 yrs	Fridays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$60   NM - \$80

**CALL OR VISIT SERVICE DESK TO SIGN UP | 707.528.2582**