

KIDS & TEENS FITNESS PROGRAMS

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 (per month)

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

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
13 - 18 yrs	Mondays	5:00 - 6:00pm	Weight Area	Mike	M - \$45 NM - \$60
12 - 15 yrs	Mon. & Wed.	3:30 - 4:30pm	Weight Area	Mike	M - \$120 NM - \$160
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 - \$75 NM - \$100

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

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	SEPTEMBER FEES
5 - 18 yrs	Wednesdays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$75 NM - \$100
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