

Kid Fit



Boot Camp

Ages 8+

This 8 week course is taught by a certified personal trainer, in a boot camp format. Cardiovascular exercise is combined with age-appropriate resistance training for a complete workout, in a fun, non-competitive environment. This class is great for kids looking to shed a few pounds, learn great new exercises and workout in a gym environment with a trainer.

**Course #151 Saturday 12:00-1:00pm,
begins October 9th
Meets once a week for 8 weeks**

Cost: VIP Member \$89

Nonmember \$119

Drop in fee: VIP Member \$15 Nonmember \$20

The New
Spa 23
Health & Racquet Club