

# WINTER SESSION

## KID FIT



## BOOT CAMP

Meets once a week for 6 weeks

**GRADES 1-8**

This 6 week course is taught by a certified personal trainer, in a circuit training, 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.

### Grades 1-4

**Monday 4:00-5:00pm**

**Begins January 16**

**Saturday 12:00-1:00pm,  
begins January 21**

### Grades 5-8

**Wednesday 4:00-5:00pm**

**Begins January 18**

**Saturday 1:00-2:00pm,  
begins January 21**

Cost: VIP Member \$69

Nonmember \$89

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

