



**KIDS & YOUTH**  
**AGES 7-16**  
**SUMMER FITNESS PROGRAMS**  
*TUESDAYS & THURSDAYS*  
**REGISTER TODAY!**

**FOCUS ON SPEED-AGILITY-STRENGTH-CONDITIONING-FITNESS-FUN!!!!**

**Mission**

To provide children and teenagers a fitness program that is broad, general and inclusive! Our summer programs are designed to prepare students for athletics, but more importantly life! We specialize in fitness opportunities for kids that are functional, constantly different and of course FUN!!!. While including scaled down versions of adult skill training workouts, Kids courses also focus on fun, to get them excited about exercising.

**Kids Programs begin on 6/19!!!**

**Bulls Fitness Class (Ages 7-10)- Tuesday/Thursday @ 11-11:45**

Our Bulls fitness class is for young kids ages 7-10. This class is a basic introduction to functional fitness movement through fun and games. Class is 45min in length. Class will be instructed by instructors that are Maryland Certified Teachers and Certified Youth Fitness Instructors!

**Youth Strength/Conditioning, Speed & Agility (ages 11-15)**

Kids that take this class can expect to learn, and work towards improving all areas that will make them a successful athlete. We will focus on Agility, Coordination, Flexibility, Power, Speed, Balance & Strength. In doing so we will focus on getting athletes ready for sport and life. Class will be instructed by instructors that are Maryland Certified Teachers and Certified Youth Fitness Instructors!

### **Teen Strength & Conditioning Class (Tuesdays/Thursdays-7pm)**

- This is an ongoing program (not summer exclusive)

This class is a mixture of strength, conditioning, cross training, and functional movement designed specifically for teenagers. The goal is to improve overall performance by focusing on total fitness through a variety of skills. Teens will work towards building strength and conditioning in a safe and developmentally appropriate pace. There is no need for any pre experience, all activities in class can be modified and scaled to suite any and all participants. \$10 drop in, \$35 a month for 1x a week, \$60 for 2x a week!

### **COST FOR PROGRAMS**

Programs will begin on 6/19 and run through 8/11

-Full 8 Weeks (2 classes a week)- \$110

-4 Week Session (6/19-7/14 or 7/17-8/11)- \$60

-2x per week for 1 month- \$60

-1x per week for 1 month-\$35

-Punch Card- 11 Classes for \$100

-Drop in Rate-\$10 per class