



**KIDS & YOUTH/TEEN
AGES 9-16
FITNESS PROGRAMS
TUESDAYS & THURSDAYS
REGISTER TODAY!**

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

Misson

To provide youth and teens a fitness program that is broad and inclusive. Our summer programs are designed to prepare youth for fitness, life and sport! We specialize in fitness opportunities for kids that are functional, diverse and of course FUN!!

Youth Summer Program begins on 6/26!!!

Youth Strength/Conditioning, Speed & Agility (ages 9-15)

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 Program Is Always ONGOING!!

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

