

NEW Kardio Kids

Every Tuesday and
Thursday after School

3:40 PM - 1 hour

Cardio workout with a Certified Personal Trainer

- Learn the importance of daily activity
 - Learn healthy nutrition
 - Learn to feel energized
 - Learn to be Fit

SIGN UP TODAY!

Kids fees (11yrs+)

\$57.00/month for members

\$77.00/month for non members

What to wear / bring
Indoor running shoes
Gym clothes
Water bottle