

KIDS



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Friday 3:10 & 5:25 ages 6-9

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Friday 4:15 ages 9-12

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Is your KID trying to get in shape for any sport?

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Sign up your Grade Schooler or Tween today for a fun CrossFit class! Get in shape, get a jump start to reach your fitness goals for many school sports or add this class to your gymnastics workout schedule!

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WHAT ARE THE BENEFITS?

- Improve muscular endurance
- Increase metabolism
- Improve cardiovascular endurance



Call 503-620-8939 to register or stop by the front desk