

KIDS/TEENS

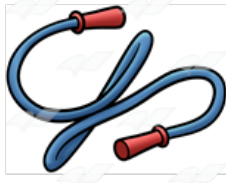
CROSS TRAIN



SPRING LAKE COMMUNITY
Fitness & Aquatic Center

www.slcfac.com

616-847-5858



8 week session once a week!

Members \$120/Non-Members \$140

The SLCFAC believes athletic training is an essential component of an athlete's life, as well as living a healthy lifestyle.

Our high-energy cross training combines cardiovascular/resistance/strength training and functional training in a one of a kind environment. Our program is designed to help kids and teens work on developing cardiovascular/muscular endurance, team work and perseverance of physical and mental challenges. The atmosphere created by the class is fun and motivational and fosters a "can do" attitude. No two classes are the same. Kids and teens will not be bored and the originality of each workout will keep them excited about participating. All of the movements are taught safely and effectively under the close supervision of the trained instructor. For kids who are new to exercise, our program introduces them to fitness at an early age and makes it easier for them to continue this "healthy habit" for the rest of their lives. For kids who are already exercising or playing sports, our program is designed to help them reach their next level of fitness and improve their performance no matter what sport they play.

Kids Cross Train ages 6-12

Tuesday's November 7-December 26 from 4:30pm-5:15pm

Teen Cross Train ages 13-18 (12th grade max)

Thursday's November 9-January 4 from 4:30pm-5:30pm
(no class Thanksgiving Day)

Register your child at the SLCFAC front desk or call 616-847-5858.

KIDS/TEENS CROSS TRAIN

Participant Name: _____

Date Of Birth: _____ Contact #: _____

Address: _____

Parent: _____

Email: _____

Kids Cross Train (ages 6-12)

Tuesdays 4:30pm-5:15pm

November 7-December 25



Members \$120



Non-Members \$140

Teens Cross Train (ages 13-18)

Thursdays 4:30pm-5:30pm

November 9-January 4 (no class Thanksgiving Day)



Members \$120



Non-Members \$140