

# KIDS/TEENS

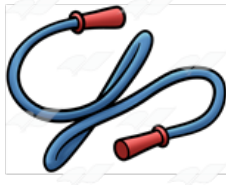
# CROSS TRAIN



SPRING LAKE COMMUNITY  
**Fitness & Aquatic Center**

[www.slcfac.com](http://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 January 9-February 27 from 4:30pm-5:15pm

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

Thursday's January 11-March 1 from 4:30pm-5:30pm

**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**

January 9-February 27, 2018



Members \$120



Non-Members \$140

## Teens Cross Train (ages 13-18)

**Thursdays 4:30pm-5:30pm**

January 11-March 1, 2018



Members \$120



Non-Members \$140