



*A lifetime of fitness starts HERE!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>4:00pm-4:45pm The BEST Class by KIDZWIN*</p> <p>4:00pm-4:30pm Advanced Core Training</p> <p>4:30pm-5:15pm Athlete Speed &amp; Agility</p> <p>4:50pm-5:35pm Core Stability and Agility by KIDZWIN*</p> <p>5:40pm-6:25pm Teen Fitness Fusion by KIDZWIN*</p>	<p>6:15pm-7:00pm Kids Fitness Challenge</p> <p>7:00pm-7:45pm Teen Fitness Challenge</p>	<p>4:00pm-4:45pm The BEST Class by KIDZWIN*</p> <p>3:45pm-4:30pm Athlete Strength &amp; Power</p> <p>4:50pm-5:35pm Core Stability and Agility by KIDZWIN*</p> <p>5:40pm-6:25pm Fitness Fusion for Young Adults (18+) by KIDZWIN*</p>		<p>10:30am Level 1 Strength &amp; Power</p> <p>10:30am Funfit</p>	
<p>5:30pm-6:15pm Athlete Strength &amp; Power</p> <p>6:15pm-7:00pm Conditioning Circuit</p>					<p>Ages 4-6   Ages 7+   Athletes</p> <p>Ages 10+ and 4'11" +</p> <p>Ages 13+</p> <p><b>CORE FITNESS INC.</b></p> <p>(732)671-4030 37 Kanes Lane Middletown, NJ 07748 <a href="http://www.CoreFitnessGroupTraining.com">www.CoreFitnessGroupTraining.com</a></p>	

\*KIDZWIN is a special needs fitness program owned and operated by pediatric physical therapists. KIDZWIN runs independently of Core Fitness. Please visit [www.kidzwin.net](http://www.kidzwin.net) to register and learn more about their programs and pricing

**Drop-ins are welcome but your space must be reserved 24 hours in advance by emailing [corefitnessinfo@comcast.net](mailto:corefitnessinfo@comcast.net)**

**Class schedule is subject to change. Please check [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com) for current schedule**

# Core Fitness Foundations: Class Descriptions and Prices

## Athlete Classes

For over 20 years, Core Fitness has been cultivating athletes through scientifically based, safe, and effective training programs designed and implemented by NSCA Certified Strength and Conditioning Specialists, holding the highest credentials in the field. By avoiding gimmicks and focusing on each athlete's specific needs, Core Fitness keeps their athletes injury-free and at optimum performance levels.

### **Strength and Power**

*Qualified Athletes Ages 10+*

In this 45-minute class, athletes will improve strength and explosive power through

- traditional resistance training including ability-appropriate core and Olympic lifts,
- non-traditional training including but not limited to kettle bell, battle rope and medicine ball training
- plyometric training.

### **Speed and Agility**

*Qualified Athletes Ages 8+*

In this 45-minute class, athletes will improve all aspects of speed and agility required for sports including

- acceleration/deceleration speed
- change of both linear and lateral direction speed
- reaction time
- foot/hand-eye coordination
- mobility

### **Advanced Core Training**

*Qualified Athletes Ages 10+*

This 30-minute class will focus entirely on the primary source of athletic strength: the core. Using the most up-to-date scientific methods to increase the strength of these muscles, athletes will not only improve sports performance, but will reduce the risk of lower back injury.

**Private Team Training also available for groups of 10+ athletes**

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## General Fitness

Being fit should not be a quality reserved only for competitive athletes! In today's day and age in which screen time has replaced outdoor play, it has become more important than ever for *all* kids to find physical activities that they can enjoy. An organized sport is not the only way for a child to become part of fitness community. Our general population fitness classes offer a variety of ways for your child to participate in effective, encouraging group exercise with kids of similar abilities and goals.

### **Level 1 Strength & Power**

*Ages 7+*

In this 45-minute class, children will learn the proper execution of the most important foundational exercises to develop strength, agility, flexibility, stability and mobility. This class will not only provide a great workout but will help prepare students for more advanced workouts in the future.

### **Conditioning Circuit**

*Ages 7+*

All fitness levels will benefit from 45 minutes of timed stations designed to increase function, and muscular endurance and conditioning using the latest exercise props such as ropes, medicine balls, suspension units, resistance bands, balance boards, agility ladders, body weight exercises and more.

### **FunFit**

*Ages 4-6*

In this 45-minute class, children will be introduced to all the essential components of fitness through age-appropriate and entertaining games, exercises and drills. Our creative class format subtly integrates strength, endurance, agility and mobility training into each activity, so your child can

**8-Week Kid's/Teen Fitness Challenges are offered throughout the year! Please follow us on Facebook and Instagram or visit [www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com) for more details**

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## Class Prices:

At Core Fitness, we realize needs and budgets can change month to month. That is why we allow our students to pay monthly for the classes they choose.

Classes Per Week	Monthly Fee
1	\$69.00
2	\$119.00
3	\$159.00
4	\$195.00
5	\$219.00

Core Fitness also offers prorates for partial months, medical freezes and pay per class (\$18.00 class. Must email [corefitnessinfo@comcast.net](mailto:corefitnessinfo@comcast.net) to reserve your spot)