



Kid's Winter Fitness Challenge

For children ages 6-12 years

Encourage your child to achieve specific, personal fitness goals in this motivating 8-week program that includes:

- **Initial Evaluation Wednesday, January 15th 6:15pm:** Children will be individually evaluated for strength, muscular endurance and power
- **Fitness Test Training: Wednesdays, 6:15-7:00pm:** Children will get a great, full body workout as they perform exercises specifically designed to improve their performance in the initial testing events
- **Weekly Assignments:** These optional, at-home, assignments provide simple ways for children to earn "Kids Kash" that they can use to purchase fun prizes at the last class of the program.
- **Final Evaluation and Awards Celebration, Wednesday, March 11th:** All exercises performed in the initial assessment will be reevaluated. Each participant will receive a certificate of completion detailing improvement in each category as well as the Kids Kash they have earned. Kids will then shop for prizes while enjoying healthful refreshments!

8-Week Program: \$119.00

★ **Add-on Option:** Core Fitness offers additional youth fitness classes throughout the week. All kids registered for the "Kid's Winter Fitness Challenge" will receive 25% off additional classes. Please visit www.corefitnessgrouptraining.com for current schedule and class descriptions



Register today at
www.CoreFitnessGroupTraining.com