



A lifetime of fitness starts HERE!

Class Descriptions and Prices

Athlete Programs:

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. **Core Fitness offers a variety of classes designed specifically for athletes:**

- **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**

Give your team the competitive edge through private training during which your group's specific and goals can be addressed. Limited spots available for teams of 10 or more athletes.

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.

- **Fitness Fundamentals: *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.



- **Functional Fitness Circuits: Ages 7+** All fitness levels will benefit from 45 minutes of timed stations designed to increase function, and muscular endurance 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 focus on the fun!



- **Parent and Me: Ages 0-3**

The primary goal of this 45-minute class is to get parent and the baby out of the house, moving socializing and feeling good! Parents will enjoy moving with their little one through a series of strength, muscular endurance and mobility exercises, either while holding their child or working side by side with them. Our laid-back and judgement-free atmosphere will allow parents to feel comfortable handling any “surprises” that may occur during class, including changing, feeding, crying, temper tantrums and napping...be it the baby or the parent!



Specialty Classes:

- **Cize™ Dance Fitness: Ages 7+**

This basic dance-fitness class allows kids and teens of all ability levels to get a great cardio workout while having a blast! Each month, new choreography is introduced utilizing the unique Cize™ teaching method which provides non-stop movement while allowing students of varying coordination levels to master choreography.

- **Indoor Cycling: Ages 11+ (must be at least 4’11”):**

In this 45-minute class, students will receive an amazing cardiovascular workout as they simulate an outdoor bicycle ride, set to today’s hottest music. Resistance and speed is controlled by each student, so all fitness levels are encouraged to participate.

- **Youth Yoga 6+**

Through the practice of basic yoga principles, students will learn a variety of yoga poses and practice different breathing techniques that will encourage them to be present, aware and mindful...one breath at a time

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 the following options and benefits:

- Prorate for partial months
- Medical Freeze
- Pay Per Class (space permitting): \$18.00/Class, must email corefitnessinfo@comcast.net to reserve your spot

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Register today at www.CoreFitnessGroupTraining.com
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