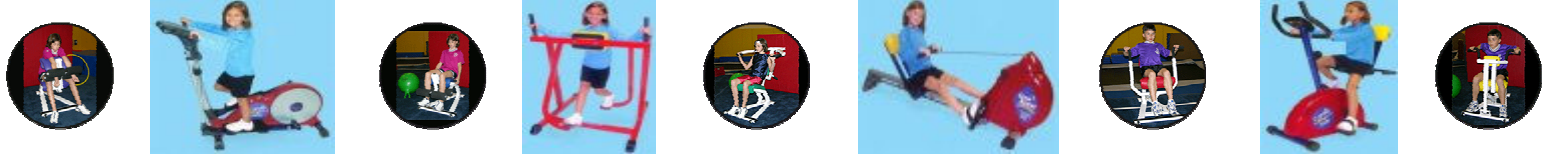


Fall 2009 **ENERGYm**



THE PROGRAM...

Utilizing specifically designed, age-appropriate KidzPower® resistance training equipment and Cardio Kids® cardio equipment, our **MIGHTY MUSCLES** and **IRONKIDS** classes offer a comprehensive instructor-led fitness program for children ages 6-8 and 9-12. These fun-filled 45-minute circuit classes combine safe, effective resistance training with exciting aerobic exercises to stimulate your child's interest in a healthy active lifestyle. Classes are non-competitive but challenging, and children experience success regardless of their athletic ability. The EnerGym (kids fitness room) will be located in an enclosed area on the 2nd floor of the Healthplex.

THE COST...

The registration fee for each 6 week session is \$20.00* for members and \$75.00* for non-members. This fee includes programming instructed by our fitness specialists, a FITNESSGRAM® physical fitness assessment and a nutrition, fitness, and lifestyle modification Fun Book.

**Discounts available for additional family members.*

MIGHTY MUSCLES (ages 6-8)

Each 6 week session will meet up to 3 times weekly. Pre-registration is required with a class maximum of 16 and a class minimum of 4 children.

Class Schedule Options: (must choose A or B)

- A. 4:45-5:30 pm on Monday and Wednesday and 10:00-10:45 am on Saturday.
- B. 5:45-6:30 pm on Tuesday and Thursday and 10:00-10:45 am on Saturday.

Fall 2009 Session Schedule:

- **September 14/15 - October 24, 2009** (register by September 11)
- **October 26/27 - December 5, 2009** (register by October 23)

FITNESSGRAM® physical fitness assessment performed during the first week of each 6 week session.

IronKids (ages 9-12)

Each 6 week session will meet up to 3 times weekly. Pre-registration is required with a class maximum of 16 and a class minimum of 4 children.

Class Schedule Options: (must choose A or B)

- A. 4:45-5:30 pm on Tuesday and Thursday and 10:00-10:45 am on Saturday.
- B. 5:45-6:30 pm on Monday and Wednesday and 10:00-10:45 am on Saturday.

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