



ENERGYm

a fitness program for kids ages 6-12

THE PROGRAM...

Utilizing specifically designed, age-appropriate KidzPower® resistance training equipment and CardioKids® cardio equipment, our EnerGym classes offer a comprehensive instructor-led fitness program for children ages 6-12. These fun-filled 45-minute circuit classes combine safe, effective resistance training and exciting aerobic exercises to stimulate your child's interest in a healthy physical lifestyle. Classes are non-competitive but challenging, and children experience success regardless of their athletic ability.

January - May 2012: 6-Week Session Schedule

- **January 9 — February 18, 2012** (register by Sunday, January 8)
- **February 20 — March 31, 2012** (register by Sunday, February 19)
 - **April 2 — May 12, 2012** (register by Sunday, April 1)

Each 6 week session meets 3 times/week. Pre-registration is required with a class maximum of 16 and a class minimum of 4 children.

Class Options (Must choose class A. or class B.)

- A. 5:45-6:30 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**

THE COST...

The registration fee for each 6-week session is \$20.00* for members and \$75.00* for non-members. This fee includes instructor-led exercise in both our EnerGym & ExerGame rooms, a FITNESSGRAM® physical fitness assessment and a nutrition, fitness, and lifestyle modification Fun Book.

**Discounts available for additional family members.*