

KIDS BOOT CAMP

45 minutes of continuous cardiovascular exercise that includes obstacle courses, jump ropes, hopping balls, rebounders, cardio machines and so much more!!!!

Boredom is not an option in this class.

Thurs: 4:15-5p.m.

We also offer a full scale after school program that incorporates our fitness programs with supervised homework time and a healthy snack plus nutritional group counseling. Transportation from school is available.

TIME: 3:45 p.m.-6:15 p.m.
additional middle school hour-
\$50.00 more per month
5 Days a week
Only \$300 per month