

BreakThru

Family Fit 4 Life

KIDS' FITNESS WORKOUT EXPRESS

A one-of-a-kind kid's fitness center with 10-12 strength and cardio machines! Similar to Curves@ Fitness, only for kids age 7-15! Kids learn the right way to workout independently and form good habits for life. The Circuit is always fully staffed by certified trainers! Great for kids who don't like competitive sports and a great supplement for sports conditioning. Programs are customized for each child based on his/her individual needs. Guaranteed to build strength, flexibility and endurance! A REAL gym for kids!

Ages 7-15

Unlimited Price- \$60 Monthly

Monday-Thursday: 4pm-6:30pm

Friday: 4pm-6pm

Saturday-Sunday: 9am-12pm

****Teen time only 3-4pm Monday-Friday****

Ask about 3 Month specials!!

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We offer a non-intimidating atmosphere. Our instructors are ACE Certified, AFAA Certified, Krav-Maga Certified* and certified by the American Alliance for Kid's Safety.

For more information please contact us at: www.breakthrufamilyfitness.com.



203.355.9395

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