

# Healthy Body - Healthy Mind

## Youth Programs at BreakThru

SPECIAL! UNLIMITED MONTHLY PROGRAM - KIDS GYM- KMX- BOOT CAMP - ONLY \$150  
KIDS CAN STAY UP TO TWO HOURS SOME DAYS!



**KIDS**  
**FITNESS**  
**EXPRESS**

A unique youth version of the Israeli military training system for kids aged 7 to 12. It uses drills and games to teach children not just life skills, self-reliance and self-defense, but also discipline, focus, common sense and respect for others. At the same time the program will enhance their strength, flexibility and confidence levels. Classes begin with 20 mins of fun cardio drills (obstacle course, boot camp, etc.) and end with Stranger Danger Awareness Drills where flash cards are used to develop instinctive responses to dangerous situations.

Our KMX instructor is one of only 6 in the U.S..

**Mon, Weds & Fri: 5:00pm to 5:45pm**

**1 class per week at \$60/month**

**2 classes per week at \$100/month**

**Unlimited classes at \$130/month**

**BreakThru**  
**Family Fit 4 Life**

For more information please contact us at:

[www.breakthrufamilyfitness.com](http://www.breakthrufamilyfitness.com)

203.355.9395

48 Union Street, Stamford, CT 06906

Kids Yoga and Dance programs also available  
contact us for more info!

A one-of-a-kind kid's fitness circuit with 10-12 strength and cardio machines! Similar to Curves@Fitness, only for kids age 7 and up! 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!

**Monday-Thursday: 4pm-7pm**

**Friday: 4pm-6pm**

**Saturday: 9am-12pm**

**Teens only M-F 3pm-4pm**

**Unlimited price-\$60 Monthly**

Ask about 3 Month specials!!

### **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

Our instructors are certified by: ACE, AFAA, Krav-Maga KMX, the American Alliance for Kid's Safety.