

KIDS FITNESS

Lead and designed by certified personal trainers.
Builds Confidence, Coordination, Strength, Endurance & Power.
Burns Energy. Promotes Healthy Habits.



KIDS TKO KICKBOXING, TRX SUSPENSION TRAINING & BOOTCAMP COMBO!

This 45 minute class is lead by two personal trainers tailoring Tko Kickboxing and TRX suspension training to your KIDS!

Kickboxing is a great way to burn energy, build endurance, power, coordination and balance. TRX Suspension Training is great to increase strength, core stability and balance utilizing body weight. Together they make an awesome combination to get your kids fit!

Where: Pleasant Ridge Plaza, 2859 Route 55, Poughquag, NY 12570

Day/Time: Mondays at 4:45pm-5:30pm

Dates: October 3rd – November 14th (no class 10/31)

Rates: 6 Weeks Session only 60.00 (limit 12)

Ages: 6-10 and 11-15 (groups will be divided)

CALL ASAP TO RESERVE YOUR CHILD'S SPOT!

**Call 845-724-3830 or Email: DONNA@HIGHERCHOICESPERSONALFITNESS.COM
www.HigherChoicesPersonalFitness.com**