



The **NEXT LEVEL**

How does my kid get to the next level????
Fitness Training designed to improve

Strength * Speed & Agility * Conditioning
Stamina * Balance * Decrease risk of injuries

5 week program for kids 9-13 with Zayad

Tues & Thurs Jan 8th – Feb 7th 4:00-5:00pm

Both Days: Member \$200 (plus tax) Non-Member \$250 (plus tax)

One Day: Member \$125 (plus tax) Non-Member \$150 (plus tax)

Registration Form

Name _____ Member # _____

Child's Name _____ Age _____

Phone # _____ Email _____

Both Days Tues Thurs

Non-Member: Cash: Check: Credit Card:

Credit Card # _____ Exp Date _____