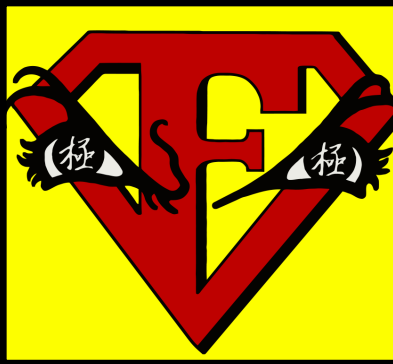




Finally! A fun and age-appropriate sports fitness class that TRAINS children like CHILDREN, not Adults!

Sports fitness training designed for young athletes. This high energy, fun, effective and age-appropriate exercise class, uses techniques that will improve your young athlete at all levels! By targeting power, speed, agility, strength and flexibility, each child will have a better opportunity to reach his/her maximum performance in their respective sport with less chance of injury and a lot of fun!

Watch your child's confidence soar as he/she experiences personal growth on a weekly basis! Equipment Requirements: Comfortable Workout Clothes & Clean Gym Shoes. (NO OUTSIDE SHOES WILL BE ALLOWED ON THE TRAINING FLOOR!)



Membership Fee: \$50/month unlimited Ninja Fitness & FAST training

\$100/month - Unlimited Youth Membership (Youth Karate, YKMF, Ninja Fitness & FAST)

(Sign-Up & Yearly Insurance Fees Apply)

Age Group: 8-14 years old

Schedule: MON (Ninja Fitness) 4:30-5:30pm, WED 4:30-5:30pm & SAT 12:30-1:30pm

Location: Focus - 9342 Virginia Road, Lake In The Hills, IL 60156

(847)458-0938

ContactFocusMA@gmail.com

www.focusma.com