



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CrossTrain Kids

TUESDAYS

4:30 – 5:15pm Ages 6-13

Location: CrossFit Gym

Price per month: \$ 15 per kid

\$ 25 for 2 kids (siblings)

\$10 per kid if parent or parents do CrossFit

CrossTrain Kids is a specialized work out regime designed especially for youth. It focuses on functional movements and structured workouts led by a **Level 1 CrossFit Trainer**. In group classes, kids will learn about proper strength and conditioning while also having fun and gaining new friends.

