

YOUTH FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45PM		CrossFit Kids Advance CrossFit Kids <i>(invite only class)</i>	Zuu Chimps	CrossFit Kids Advance CrossFit Kids <i>(invite only class)</i>	CrossFit Kids	

CROSSFIT KIDS

In 45minutes, your child will experience everything we have to offer. Mobility, strengthening, power, fitness, agility and so much more... Through game play, team work and by themselves, your child will be having way too much fun to know just how hard they have worked and what they have learned. Play games, have a workout, learn new things and at the end, high 5 your mates!

CrossFit Kids can help:

- to improve your child's chosen sport
- with any muscular or flexibility issues
- teach your child discipline
- boost confidence and self esteem
- give them a 'club' to be part of, a sense of belonging

**Coached by a fully qualified CrossFit Kids instructor at a licensed CrossFit affiliate*

** Age limit applies *5-14 years of age*

ZUU CHIMPS

It is a revolutionary idea to tackle ingrained generational and lifestyle challenges facing children and adolescents such as obesity and anxiety. ZUU Chimps reconnects them with being a child again. Playing, laughing, crawling on the ground, jumping around and learning life skills while allowing their bodies to strengthen and prevent injuries.

** Age limit applies *5-14 years of age*