

TRX®

FIT KIDS

Monday
Wednesday
Friday
4:00-4:50pm

2 X /WEEK FOR \$75/MONTH
3 X /WEEK FOR \$100/MONTH
first class is free!

TRX Fit Kids is an exciting way for kids (ages 9 to 14) to exercise and learn healthy lifestyle habits that will last a lifetime. Each class will feature engaging bodyweight and cardiovascular workouts with a focus on good movement, teamwork, confidence building, and having fun!



NXT
LEVEL
— TRAINING —

CHICO *Sports* CLUB
HEALTH & FITNESS