

KIDS & TEEN TRAINING SPRING SCHEDULE 2016

DaY	TIME & SessioN
Monday	3:15 – 4:00 Teen Balanced Athlete Training 4:15 – 5:00 PM Fit FAMILY - boys & girls ages 6-11
Tuesday	 4:00 - 4:45 PM (girls ages 6-11) 5:00 - 5:45 PM (boys ages 6-11)
Wednesday	3:15 – 4:00 Teen Balanced Athlete Training 4:15- 5:00 PM Fit FAMILY - teens 5:00 – 5:45 PM Fit FAMILY YOGA  boys & girls ages 6-11
Thursday	 4:00 - 4:45 PM (girls ages 6-11) 5:00 - 5:45 PM (boys ages 6-11)
Friday	4:00 – 4:00 PM Fit FAMILY Insanity! boys & girls ages 6-11

All sessions require parents OR TEENS to register in advance online. You can also text coach Brenda at 617-548-3700 to reserve your spot. Minium of 6 kids, 6 teens and/or 6 parents for Fit Family. KIDS & TEEN sessions are a \$10 drop in (cash or check). Fit Family sessions cost \$8 per child, or \$12 per family drop in. Members can charge your account on file with authorization (signature required). Non-Members can set up a billing account (\$10 fee monthly).

Please visit the fitness.scheduler.com and register today!