



MAIN LINE CROSSFIT KIDS



*Taught by
Coach Alex*

Join our CrossFit Kids fitness program
designed to get your child moving, learning
teamwork and having fun with fitness

- Kids ages 5 -14
- Classes consist of weight lifting, gymnastics, functional movements and active games
- Classes are capped at 12 athletes

Contact Coach Alex for more information
Phone: 1-855-Try-XFit / Email: Alex@CrossFitMainLine.com
Located in the Gateway Shopping Center

Free Fun Trial Class

Saturday September 9th

12pm-1pm

www.crossfitmainline.com

Fall 2017 Schedule

Weeks of September 11th – November 13th

Pre- Teens (age 11-14)

Monday & Wednesday 3:50 - 4:40pm

Juniors (age 5-10)

Tuesday & Thursday 3:50 - 4:40pm

Pricing

x1 workout per week - \$170 per season (10 weeks)

x2 workouts per week - \$290 per season (10 weeks)

Location

The Main Line CrossFit - Wayne

221 E. Swedesford Road

Wayne, PA 19087

(Gateway shopping center behind Panera)