



# CrossFit Kids

## Winter (Session) is Coming!

Get those kiddos active and set them on the path to a lifetime of fitness in a safe & fun environment.

CrossFit Kids combines:

- Conditioning - running, rowing, biking
- Gymnastics - push ups, squats, pull ups, jumping, tumbling
- Strength training - learn proper weight lifting mechanics
- Strength, power, stability → increased speed and agility for all sports!



Join us for our next 10 week CrossFit session!

Session Dates: January 2nd - March 8th

Location: Behind Panera Bread in Gateway Shopping Center



Tuesdays and Thursdays

5:30-6:20 (Juniors 7-10)

6:30-7:20 (Pre-teens 11-15)

\$175 for 1x/week (just \$17.50 per class)

\$265 for 2x/week (just \$13.25 per class)

Crossfit Kids Winter Session Date Cheat Sheet			
	January	February	March
Tuesday Dates	2, 9, 16, 23, 30	6, 13, 20, 27	6
Thursday Dates	4, 11, 18, 25	1, 8, 15, 22	1, 8

Follow the link below and sign up your Athlete today!

<https://mainlinecrossfit.wodify.com/OnlineSalesPortal/Plans.aspx?LocationId=227>

Any questions, please email us: [alex@crossfitmainline.com](mailto:alex@crossfitmainline.com) or [steph@crossfitmainline.com](mailto:steph@crossfitmainline.com)