



CROSSFIT
FITZGERALD



CrossFit Fitzgerald Kids & Teens Program

SCHEDULE

What is CrossFit Kids?

by :Amanda Griffin

CrossFit itself is defined as Constantly Varied Functional Movement. What this means is that we do a lot of different movements that are all essential to our everyday lives. Functional Movements are movements that are used during our everyday lives. If you want to pick up something heavy from the ground you will either squat down and pick it up or bend over and pick it up. Both things are much easier if you do them with proper form. Have you ever heard someone say, "Lift with your legs not your back." Well this exactly what we are talking about. Here we have just described 2 of the basic functional movements in CrossFit: Squats and Deadlift. If you have ever done a heavy deadlift you will already know if you do it with your back you will definitely regret it the next day ☺

In CrossFit Kids we will not be lifting heavy weight. Studies show that children under the age of 12 yrs. do not benefit from heavy loading of weight. What we are focusing on here is proper form, increased fitness, and development of new healthy habits in kids' ages 3-18 years of age. There will be a weightlifting class for Teens in the future but we will discuss that later once proper form has been proven and established.

The secret to CrossFit Kids is to have fun. The kids don't realize they are exercising because all activities are done in a fun interactive format, with a reward at the end. The reward is always a GAME! Our objective is to help kids become healthy adults. We aim to increase their overall fitness and with functional skills that will add speed and performance in their chosen sports, activities, as well as other aspects of their lives.

There is a great deal of science and research that has gone into the development of this program which I can share with you upon request along with many great reading references. ☺

We start class Free to members only on: Sept 13th, 2017, we will open the course to the public on Oct 1st, 2017. At a cost of \$50 per child. The schedule is as follows:

Mon.:	5:00 pm -Teens (Ages: 12-18)
Tues:	4:00pm - Preschool (Ages 3-5yrs) 4:30 pm - Kids (Ages 5-12yrs) 5:00 pm - Teens (Ages: 12-18)
Weds:	5:00 pm -Teens (Ages: 12-18)
Thurs:	4:00pm - Preschool (Ages 3-5yrs) 4:30 pm - Kids (Ages 5-12yrs) 5:00 pm -Teens (Ages: 12-18)



New Look New Building!

CrossFit Fitzgerald Has Moved!!! Come and see the new facility at 189 Irwinville Hwy, Fitzgerald, GA. At the Refinery. Many great new things to come!!



CrossFit Kids Camp was a success!

We had many Great Kids and many great times. Lots of community and fun!! Looking forward to more work with our awesome kids!