



REGISTER NOW
Classes Start July 6th.



Premier CrossFit is proud to offer a program specifically designed to meet the physical and developmental needs of kids ages 7-14 by following the CrossFit Kids© programming. Healthy living requires that kids push, pull, run, throw, climb, lift, jump effectively and safely regardless of whether or not they play athletics. By starting kids on the right path, we are creating safe movement patterns at a young age and setting children up for a lifetime of fitness.

Each class is coached by a CrossFit Kids Certified Coach who is educated in developmental needs, concerns and variables that affect this distinct population. Fit Kids Classes will consist of varied activities that are fun and challenging.

**Tuesdays and
 Thursdays**

**12:00 - 12:45
 7 - 12 Year Olds**

**1:00 - 1:45
 13 - 14 Year Olds**

\$150 Per Month
 (8 Sessions)
 (Option to renew monthly)

\$20 Drop In Rate

Classes meet in
 Group Fitness Room.

Special discounts for additional
 siblings and to parents
 currently participating in a
 CrossFit program.

www.premiercrossfit.com

5604 Donnybrook Ave
 Tyler, Texas 75703

Register at the Service Desk
 of Premier Fitness.

For more information call
 903-939-3100.

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