



STRENGTH AND CONDITIONING TRAINING FOR KIDS

Every FRIDAY 15:15 – 16:00 – Red Portacabin

Specifically designed for girls/boys at any level of fitness (8-11 years) and to help them to develop a lifelong love of fitness. In a group setting, children participate in fun and engaging workouts that deliver measurable results and prepare them for well-rounded movement and strength for life.

No two workouts are the same so kids never get bored and the novelty of each workout keeps them excited. These are functional movements with different types of equipment. All of the drills are taught safely and effectively under the close supervision of the trainer.

Workouts will increase physical competence in 10 fitness domains: Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. Places are limited so sign up early to avoid disappointment.

The Cost of the Course is €130 for 13 weeks.

The Course starts 11 January 2019 - 12 April 2019

To register your child for this Course please sign up at:

www.thehungrymind.nl