

Youth Programs This Spring!



Youth Kick Boxing

Thursday
April 5 - May 31
5 - 5:55 pm
\$108 R/\$135 NR
461484-01
Kirk Herrig, Instructor

This kickboxing class will move through kicks, punches, drills and skills with a master martial arts trainer. Proper warm ups, complimentary conditioning and cool downs will ensure safety and success. Students will gain strength, cardiovascular conditioning, self-awareness, discipline, coordination and quick responses in fitness all while benefiting memory, attention and self-confidence. Age: 10 - 14 years

Youth Sports Conditioning

Tuesdays or Thursdays
Starts April 3 - June
5:30 - 6:30 pm
\$90 R/\$135 NR
5 week sessions



The Fitness Center offers safe and effective training for young athletes. This class offers the foundation for their long-term athletic development. Developing bodies need training that increases performance at an appropriate rate while decreasing the risk of injury. Each week will consist of a combination of strength training, core building, speed, agility and positive athletic conditioning. Age: 10 - 14 years

Classes are forming now. Stop by Guest Services to register, or go to bgfitness.org.



FITNESS CENTER
At the Buffalo Grove Park District

