

Iron Kids

6-week Fitness Program for Ages 8 - 12



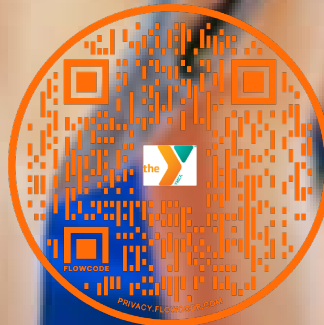
This program is designed to teach children the importance and proper structure of an exercise and training program. The classes will focus on areas such as warm-up, flexibility, mobility, running mechanics, agility, full-body strength training and core work.

FEBRUARY 28TH - APRIL 4TH

EVERY TUESDAY

6:30 - 7:30 PM

REGISTER TODAY:



**READY
TO UP
YOUR
GAME?**