



**MEMBERS FREE
NON MEMBERS
\$20/CLASS**



6 WEEK PROGRAM OCT 6 - NOV 19

No class, Sat Oct 22nd

**Ages 8-12; Fitness Fun!
Saturdays 9-10 am**

Fitness fun on the turf w/ Joe! Run, jump & play fitness-themed games on the turf and build a love of exercise that'll last a lifetime!!

**Ages 13+; Teen Kingfit.
Thursdays 5:30-6:30 pm
Saturdays 10:15 am-11:15 am**

Teen training on the turf w/ Joe. Learn the basics of strength training w/weights, improve cardiovascular conditioning and have a blast with fitness!

FALL YOUTH FITNESS OFFERINGS



Train with semi pro football player, Joe Grogan

REGISTRATION FORM - YOUTH FITNESS

Child's Name _____ DOB _____

Parent's Name _____

Address _____

Phone _____ Email _____

Emergency Contact _____ Phone _____

Membership Type: Member Non-Member

Payment: House Charge Check Credit Card _____

Exp Date _____ Security Code _____

Class _____ Day _____ Time _____ Fee _____

The Kingsbury Club & Spa reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Parent's Signature _____ Date _____