

# Kids Fitness & Rock Wall

For Kids

Ages 7 to 13 years old!

This room has everything a kid could want!

Kidz Power™ equipment offers a gym circuit designed just for kids. You can play against the computer or connect the game bikes and compete against friends! It's a fast and easy way to turn fitness into fun for kids!



Being active in the rock wall room is a great way to have an awesome workout! Grab a buddy and check out both rooms!

## Monday-Thursday

4:00 pm-8:00 pm

(during non-camp days)

5:00 pm-8:00 pm

(during camp days)

## Friday

4:00 pm-7:00 pm

(during non-camp days)

5:00 pm-7:00 pm

(during camp days)

## Saturday

8:00 am-11:30 am

**Kid's Fitness &  
Rockwall Rooms are  
FREE for children 7—13  
years of age with  
family memberships.**

Kid's Club—Kids Fitness -Please return registration to Teresa's box!

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent (s) Name (s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Member #: \_\_\_\_\_

Date(s) and Time(s) attending: \_\_\_\_\_