

CROSSFIT FREEDOM

BREAK OUT OF YOUR LIMITS

What is CrossFit Kids?

CrossFit Kids is not simply a scaled down version of CrossFit, it is entirely and absolutely geared and designed for a special population and the specific developmental needs of that population.



CrossFit Kids is a strength and conditioning program that is specifically designed for kids and teenagers and helps them develop a lifelong love of fitness.

In a group setting, children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes.



CrossFit Kids

Forging the Future of Fitness

CrossFit Kids workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive, general, and scalable for any participant at any level.

What does this mean?

This means that, for the most part, no two workouts are the same, ***so kids and teens never get bored and the novelty of each workout keeps them excited about participating!*** The functional movements involve exercises that are fundamental to all things that kids need to do when they play sports - pull, push, run, throw, climb, lift and jump.



Our workouts will increase physical competence in 10 fitness domains:

- ✎ Cardiovascular and Respiratory
- ✎ Endurance
- ✎ Stamina
- ✎ Strength
- ✎ Flexibility
- ✎ Power
- ✎ Speed
- ✎ Coordination
- ✎ Agility
- ✎ Balance
- ✎ Accuracy

Preparing your child for class:

- ✎ Dress in workout appropriate clothing and shoes
- ✎ Pack a water bottle and post workout snack
- ✎ Pack study or reading material for post WOD learning

Class Schedule:

Mondays: 5:00 - 5:30pm
 Tuesdays: 5:00 - 5:30pm
 Wednesdays: 5:00 - 5:30pm
 Thursdays: 5:00 - 5:30pm
 Fridays: Off
 Saturdays: 9:45 to 10:15am

Pricing:

CrossFit Kids membership rates:

- ✎ \$125/month
- ✎ 10-Punch cards can be purchased for \$150

*****For families with multiple children, a 25% discount will be applied to each additional child who enters the monthly program.***

Contact CrossFit Freedom coach Kirsten for more information. Kirsten can be reached at 847.573.9348 &

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