



SR ATHLETIC CLUB YOUTH FITNESS PRESENTS ITS NEWEST PROGRAM:

Kelly's Kid Cardio

Girls Only! 4th-8th Grade WEDNESDAYS 4pm-4:45pm

In between sports? Nothing to get your kiddo moving now? Join us for **Kelly's Kid Cardio!!**

Kid Cardio is an exhilarating youth fitness program consisting of 45-minute classes (1x week) where participants will learn the basic moves of an aerobic class. We will incorporate aerobics, kick boxing style moves, core strengthening exercises and a warm up/cool down! No weight training involved.

When is it?

Wednesday afternoons from 4:00pm - 4:45pm

	<u>Member</u>	<u>Non-Member</u>
SESSION 1: Sep. 30 - Nov. 18 (8 WEEKS)	\$75	\$85
SESSION 2: Dec. 2 - Feb. 3 (8 WEEKS)	\$75	\$85
SESSION 3: Feb. 24 - Mar. 31 (6 WEEKS)	\$55	\$65
SESSION 4: Apr. 14 - Jun. 2 (8 WEEKS)	\$75	\$85

Where is it?

Snoqualmie Ridge Athletic Club Fitness Classroom.
Parents are responsible for the transport of their child to and from SRAC.

How do I sign up?

Stop by SR Athletic Club and fill out the Registration Form (also available on our website: www.srathleticclub.com/youthfitness) Turn it in to the front desk along with your payment: 8 student Minimum. 13 student Max. **SIGN UP FOR MORE THAN ONE SESSION AND GET A MONTH FREE DUES!!**

Instructor:

Kelly Saunders, IFA certified Group Fitness Instructor/Personal Trainer
Kelly is a mother of two children in the SVSD, room mom, Fitness Instructor at SR Athletic Club, and co-coordinator of CVES Running Club.