



YOUTH PROGRAMS



Frequently Asked Questions

Q: How much do Youth Programs Cost?

A: Family Members \$45 for 6 classes or \$10 drop in
Non Members \$54 for 6 classes or \$12 drop in

Q: Do you have to be a member to participate?

A: No. Ridge Fitness strives to provide healthy programs for the entire community. We especially encourage youth fitness so bring your friends!

Q: Do parents have to be present during class?

A: Parents are not required to be in the facility while kids are in class. So walk over after school for one of these great programs.

Q: Can kids workout after class?

A: Yes! If you are a member and have worked with a personal trainer already or if you have taken the *Healthy Start Class*, you can workout under the supervision of an adult.

Q: Can kids work with a personal trainer?

A: Yes! Youth athletes can benefit from learning how to lift safely and effectively. Trainers can help kids to start building a healthy lifestyle as young as 10 years old! Also ask about our *Healthy Start Class* for 10—13 year olds. It runs once a month, call for dates.

FOR SCHEDULING,
CANCELLATIONS OR MORE INFO:

Phone: (425) 396-1312

Email: info@RidgeFit.com



Ridge Fitness
7713 Center Blvd SE Suite # 120
Snoqualmie, WA 98065
(425) 396-1312
www.RidgeFit.com

Student Name: _____ Parent Name: _____
Date of Birth: _____ Age: _____ Gender: M / F
Program: _____ Allergies: _____
School: _____ Address: _____
Email: _____
Home Phone: _____ Parent Cell: _____
Emergency Contact: _____ Relationship: _____
Emergency Phone: _____ Parent Signature: _____

Serious Speed

Speed and agility are athletic skills that can be trained and enhanced with the proper training methods. The emphasis of this class centers on training for athleticism and is appropriate for all sports. This class is approved and designed by Mount Si Strength & Conditioning Coach John Zanas.



The goals of this class are:

- Improve straight ahead speed (SAS)
- Improve lateral speed and agility (LSA)
- Improve core and leg strength
- Improve general fitness level in preparation for the upcoming season
- Decrease the potential for knee and ankle injuries
- Develop confidence in athletic skills
- Work hard and have fun!!!

Ages: 8 - 14 years old

Days: Tuesdays & Thursdays

Time: 3:30 - 4:30 PM

Instructor: Sean KY Higuchi BS, CSCS

Kid Cardio

Kid Cardio is an exhilarating, GIRLS ONLY, 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.

Instructor:

Kelly Saunders, IFA certified Group Fitness Instructor & Personal Trainer
Kelly is a mother of two children, is a SVSD room mom as well as a Fitness Instructor at Ridge Fitness and a co-coordinator of the CVES Running Club.



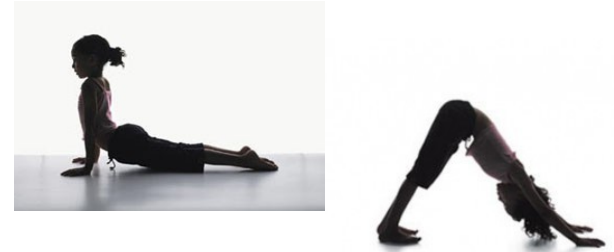
GIRLS ONLY 4th - 8th Grade

Days: Wednesday

Time: 4:00 - 4:45 PM

Youthful Yoga

Youthful Yoga is the perfect way to unwind and relieve the stress from a long week of school and sports. Get ready for a fun and relaxing weekend by going through a series of basic yoga poses that increase strength, flexibility, mental focus and the mind-body connection.



Instructor Amy M. Jarvis is originally from New Orleans, Louisiana. From the age of 8 Amy became an accomplished Figure Skater competing nationally on an individual basis and as part of one of the top Precision Teams in the Country. A graduate of LSU with a BS in Construction Management, Amy found yoga as a means to release and unwind from everyday stress. After moving to Seattle Amy found her Mentor and wanted more. Amy completed her Yoga

Alliance 500 hr Certification in July 2007 and acknowledges openly that teaching yoga is the greatest gift she can share with others. Amy's classes are open to all, irrespective of experience, with the focus being on a conscious awareness of the physical body, breath, mind and spirit.



Ages: 7 - 10 years old

Days: Fridays

Time: 1:30-2:20 PM