

Healthy Start



Help your child start his/her healthy lifestyle today. Healthy Start at Ridge Fitness is a one week program that will teach your child the basics of anatomy, exercise and safety in the weight room. After your child has completed this program he/she will be able to workout with you on the machines that they have been taught in the class. Whether your child is an athlete or not, a head start on the benefits of resistance training and healthy living will benefit them for the rest of their lives.

Days & Times:

Monthly - second week of the month
Days - Monday through Thursday
Times - 3:30 - 4:30

Ages:

Children ages 10 - 13
Class size is limited to 10 children per session

Cost:

\$40 for the first child

Includes:

Four hours of class instruction
Healthy Start resource booklet with pictures and information
Workout card to track progress
One month free membership for student



To Register contact:

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