



KIDS

Pair fun and fitness with Kids CrossFit! Our focus is on developing all 10 components of fitness in a class that challenges the limits of their bodies & minds in a kid-friendly way. The program emphasizes proper technique, safe movements and body awareness through childhood and adolescent years. Like adult CrossFit, instruction includes a combination of gymnastics, weightlifting, cardiovascular work, and bodyweight training to build a solid foundation for future sports and confidence in life.

MONDAYS &
WEDNESDAYS
3:45 PM - 4:30 PM

AGES 5-9

PRICING

\$55/month for kids
of LIFT Members

\$70/month for
non-members

CONTACT US:

731-425-6875

To learn more, visit us
at www.liftjackson.com

- Proper Techniques
- Safe Movements
- Body Awareness

