



PRE TEENS



Our Teen CF LWC program will build off the kids CrossFit, but with a more challenging atmosphere to improve drive, dedication, and perseverance. They will receive coaching instruction on gymnastics, weightlifting, cardiovascular work, and bodyweight training to build a solid foundation for future sports and confidence in life.

AGES 10-13

PRICING

\$55/MONTH FOR KIDS OF LIFT MEMBERS

\$70/MONTH FOR NON MEMBERS

**Contact us for
more information:**

CrossFitLWC@gmail.com

- ▬▬ Proper Techniques
- ▬▬ Safe movements
- ▬▬ Body Awareness

MONDAYS 4:30 PM - 5:15 PM

WEDNESDAYS 4:30 PM - 5:15 PM

SATURDAYS 8:00 AM - 9:00 AM

