



Archway Trivium West scholars - join us for 6 weeks of fitness and fun, beginning Friday, September 7th from 3:20-4:00pm in the Multipurpose Room. Enroll online at www.crossfitfury.com/afterschool.

Our goal of CrossFit Kids is to make fitness fun, to teach foundational skills, movements, goal setting, basic nutrition, teamwork and various real world skills including math, social skills, motivation and focus. Students will learn the importance of fitness and nutrition, and have fun while doing so. A typical session will consist of a group warm-up, foundational movement development (squatting, push press, sit-ups, kettle bell swings, etc.), CrossFit style workout, game, and cool down/stretch.

Class Information:

Fridays from 3:20-4:00
Meet in the Multipurpose Room

Fall 2018 Semester Dates:

September 7, 14, 21
October 26
November 9, 16

Tuition:

\$72 for 6 weeks



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**There are no CrossFit Kids classes on half days or days off. Absences will be forfeited - there are no make-up classes. Online waiver is mandatory for enrollment.*



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