



**Odyssey Students** - Join us for 8 weeks of fitness and fun, beginning Tuesday, January 29th- from 4:15-5pm. Enroll online at [www.crossfitfury.com/youth](http://www.crossfitfury.com/youth).

**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. Skills such as math, social skills, motivation and focus. Students will learn the importance of fitness, 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:**  
 Tuesdays 4:15-5pm  
**Quarter 3 Dates:**  
 Jan 29th  
 Feb 5th, 12th, 19th, 26th  
**Quarter 4 Dates:**  
 March 19th, 26th  
 April 2nd, 9th, 16th, 23rd, 30th  
**Tuition:**  
 \$75 for 5 sessions Q3  
 \$105 for 7 sessions Q4



***Classes begin  
 Tuesday, Jan 29th!***

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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. On-line waiver is mandatory for enrollment.*



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[www.crossfitfury.com](http://www.crossfitfury.com) 623-932-4338