



**Archway Trivium West scholars** - join us for fitness and fun, beginning Friday, February 1 from 3:20-4:15pm in the Multipurpose Room. Enroll online at [www.crossfitfury.com/afterschool](http://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 3:20-4:15pm

Meet in the Multipurpose Room

**Spring 2019 Semester Dates:**

February 1, 22

March 1, 22, 29

April 12, 26

**Tuition:**

\$105/ 7 sessions



***Classes begin Friday, February 1st!***

Enroll online at [www.crossfitfury.com/afterschool/](http://www.crossfitfury.com/afterschool/)

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