



Odyssey students - join us for 8 weeks of fitness and fun, beginning Monday January 13th from 4:15-5pm . Enroll online at www.crossfitfury.com/offerschool.

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:
Mondays 4:15-5pm
Winter
 Jan 13th, 27th
 Feb 3rd, 10th, 24th
 March 2nd, 16th, 23rd
Spring
 March 30th
 April 6th, 13th, 20th, 27th
 May 4th, 11th, 18th
Tuition:
 \$120 for 8 sessions



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 Monday January 13th!***

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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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