

CROSSFIT HIGH VOLTAGE PRESENTS CROSSFIT KIDS

at Incarnation Parish School



**SIGN UP
TODAY!**



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The top priorities of our CrossFit Kids program are making sure your child has a safe place where they can be themselves, have a ton of fun, make some friends, get an awesome workout, and learn something along the way.

Classes are primarily game based, incorporating our spotlight movement of the day along with movements that translate directly into what kids do every day in play: running, jumping, climbing, throwing, pushing and pulling. Classes are 45 minutes in length and include a warm up, spotlight skill work, the Wildcard (where anything is possible!), and our Game Finisher that will be sure to leave them loving the idea of exercise.

FREE CLASS: 1/14

MONDAY: 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25

3pm-3:45pm for Grades 1-4

PRICE: \$130

Early Bird Discount: \$115 (Expires 1/14)



TO ENROLL, PLEASE VISIT US AT
KIDS.CROSSFITHIGHVOLTAGE.COM

No cash/check payments will be accepted
All enrollments must be done online.

Classes will be cancelled if minimum
enrollment is not met by the deadline.

For more information, please contact:
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