



CROSSFIT KIDS / PRE-TEEN PROGRAM

ENROLL TODAY!!

Class Schedule

Mondays & Wednesdays

Both age groups (separate classes) 6:30 – 7:30p.m.

Saturdays (4-9 age group only) 10:30a.m. (starting Dec 3rd)

\$75 per month / per child

Ages 4-9 and 10-14 years

Contact Jason Wheeler at HighAltitude CrossFit

970-343-9040

CrossFit programs are used by athletic teams, martial arts schools and many parents that want their kids to grow up healthy, strong and have a life long love of working out, thus avoiding the common problems associated with childhood inactivity and obesity.

Our program delivers a fitness that is, by design, broad, general and inclusive. Our specialty is not specializing. Healthy living requires that our kids push, pull, run, throw climb, lift, jump effectively and safely regardless of whether or not they participate athletics.

www.HighAltitudeCrossFit.com

