

# CrossFit WODen

CrossFit  
**K I D S**  
FORGING THE  
FUTURE OF FITNESS



CrossFit Kids is training specifically designed for kids (6-11 yrs). The CrossFit Kids program aims to promote fitness at age appropriate levels, and focuses on making fitness BIG fun. Participation in CrossFit Kids will develop children in 10 general physical skills that incorporate every aspect of athletic activity. These are Cardio Vascular and Respiratory Endurance, Stamina, Strength, Power, Speed, Flexibility, Agility, Accuracy, Balance and Coordination.

Classes are currently run on Friday at 4pm, Sunday 3pm and 4pm.

Cost \$140 per term

TO SIGN UP FOR THIS TERM PLEASE GO TO OUR WEBSITE

<https://crossfitwoden.com/programs/>

OR FOR MORE INFORMATION PLEASE CONTACT

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