

What are your kids doing after school? Get active for 60 minutes! **BURN 60 KIDS**

burn60.com

Check out our new kids program!!!

KIDS



➔ \$18 Per Class/\$70 For 4 Classes

STRENGTHENING OUR FUTURE GENERATION

boys + girls ages 7-10 wednesdays + 11-14 tuesdays **FREE PARKING**



PROGRAM INCLUDES

- > Games
- > Relays
- > Strength Exercises
- > Balance Training
- > Cardio
- > Mobility/Flexibility



➔ [the details]

> **WHAT IS IT?** A fun, new dynamic fitness program designed specifically for kids to build a solid foundation of strength, coordination & self-esteem as they grow.

> **WHY?** In America, 1 in 3 kids is overweight and the average amount of media time (TV, computer, video games, etc) kids spend is 7 ½ hours a day. We need to change these trends and give kids a healthier future by increasing activity.

> **WHEN?** Tuesdays: 3:45-4:45pm - Ages 11-14 + Wednesdays: 3:45-4:45pm - Ages 7-10

> **WHO?** Classes vary in ages due to the differences in childhood development. Both classes will incorporate all aspects of the fitness program but at different levels to appropriately challenge and engage each child. The program caters to all fitness levels who want to increase their overall fitness energy, and confidence.

> **HOW MUCH? A Kid's Health is Priceless!** \$18 Per Class/\$70 For 4 Classes

➔ **310/476-5656** ➔

[limited space available call today]



BURN 60 ★ 159 South Barrington Place ★ Los Angeles CA 90049 ★ 310/476-5656