

# **CAMPUS CROSSFIT**...FOR KIDS

Really Hard Exercise – AND IT WORKS!

Is your child looking for a supplemental conditioning program to get ready for their next season or try-outs?

Is your child looking for a new sport? Or

Is your child developing a new interest in physical activity?

If your answer is YES to any of these questions then consider the

**CAMPUS CROSSFIT**...For Kids program.

With 20 years of coaching and teaching experience, Crossfit accredited trainer Murray Howes is expanding his strength and conditioning program to include kids ages 9-15. Crossfit is a strength and conditioning program using constantly varied, if not randomized, functional movements executed at high intensity.

The Campus Crossfit...For Kids program will:

elevate your child athlete to elite fitness levels

create a solid foundation in all components of fitness:

*Agility, power, flexibility, strength, speed, stamina,  
endurance, balance, coordination, and accuracy*

Build confidence that can be carried into any area of their lives

## The Program

Dynamic warm up and stretching activities

Technical instruction (correct form of movements)

Work out of the Day (WOD)

Games

Static stretching post workout

## Schedule

Classes run weekly Monday and Wednesday @ 5pm and Saturdays @ 10am

July 11 until August 31.

Train once a week or three times a week – it's up to you!

\*\*the campus will be closed for holidays July 25-30 & Aug 5-10\*\*

## Competitively priced at:

\$100 per 6 sessions, \$150 per 12 sessions

\$180 unlimited

Sessions can be used at your convenience and are valid for the summer

## Location

All classes are held in the Strength and Conditioning portable at the north end of Langley Secondary School.

*"How can we predict which of our kids will be successful? Those who are bold? Those who are confident? Those who are willing to take risks? There is no foolproof formula. But if you were at the CrossFit Games this year, you may be inclined to venture a guess. While I was there, I witnessed strength of character and a level of poise I had thought might be missing in this generation. I saw the best of our future." Cyndi Rodi B.A (Psych), Researcher, Crossfit trainer.*

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