



Class Schedule:

CF Tots (4:00-4:30pm; 9:00am)
(Tuesday, Thursday, Saturday)

CF Kids (4:45/5:15/5:45/6:15pm; 10:00am)
(Tuesday, Thursday, Saturday)

CF Teens (4:00/5:15pm)
(Monday, Wednesday, Friday)

*CF Tots/Kids classes are 30 minutes long.

**CF Teens classes are 1 hour long.

***Classes are limited to 15 participants



Program Prices:

<u>Ages</u>	<u>Price</u>
3-5 (CF Tots)	\$35/mo*
6-12 (CF Kids)	\$35/mo*
13-17 (CF Teens)	\$50/mo

*After 1st child, each child after is a \$10 add on.

**Certain rules apply, see staff for details

***Prices are subject to change

Tel: (910)735-8040

109 E 24th St. Lumberton, NC 28358

Email: perdue02@srmc.org

CrossFit Kids
Forging the Future of Fitness



CrossFit QFE creating fit families
for life!

➤ A product of:



What is Crossfit Kids?

Have you always wanted a way for your child to be able to work out and continue their fitness journey as you have? Crossfit Kids is a safe, fun and energetic way for your child to be able to incorporate fitness into their daily routine. Using safe methods of training and activities that children naturally enjoy we are bringing to everyone at your home. It will provide skill practice, workouts and games to help your child build strength and conditioning. Not only will your child's fitness change, but they also will begin to make changes in their daily life, from food choices, better confidence, more focused in school, better transition in sports and less sport related injuries.

Ever wanted to be a part of a team? Well here at Crossfit Kids you will get just that!

All workouts are done together and everyone is cooperating as a whole. It's very important here at Crossfit Q.F.E. to build a foundation of community and friendship. Not only are you creating a healthy long term lifestyle, but you are making friendships that will last a lifetime.

Crossfit Kids Incorporates

- ◆ Gymnastics
- ◆ Plyometric's
- ◆ Olympic Weightlifting (Teens Only)
- ◆ Games
- ◆ FUN!



CrossFit Kids
FORGING THE FUTURE OF FITNESS

Our Mission

- Create a positive learning atmosphere for children.
- Forging a future of fitness and physical activity.
- Achieve the highest level of functional fitness.
- Bring out the inner champion in every child!

