



# Fit Kidz & Youth Conditioning Program



## Schedule \*

Fit Kidz offered Monday and Wednesday 4:10pm – 5:00pm  
Ages of participants 10-12 years

Youth Conditioning Program Tuesday and Thursday 4:10-5:00pm  
Ages of participants 13+

\*Physiological development can determine a group best suited to your child and should be discussed with one of our trainers before sign-up.

905.372.8400 • [www.bodilogix.com](http://www.bodilogix.com) • 726 Ontario Street, Unit 8-9, Cobourg

905.372.8400 • [www.bodilogix.com](http://www.bodilogix.com) • 726 Ontario Street, Unit 8-9, Cobourg

# Fitness Fun for Everyone - It's your turn in the gym!

**8 weeks** - 1 session per week at \$15/session, total 8 sessions \$120.00

**8 weeks** - 2 sessions weekly at \$10.00/session total 16 sessions \$160.00

## Fit Kidz - 10-12 years of age

It's your turn in the gym!

Fit Kidz Fitness program is the perfect complement to every child's extra curricular experience. At Fit kidz we will be focusing on increasing strength, posture, balance, agility, and bring to light the importance of physical fitness in every kids day.

Our team of qualified trainers enthusiastically executes Kidz-Fit programming with special attention to a non-competitive approach to youth fitness.

Our trainers believe first and for most that exercise is Fun!!!

Our goal, to teach, "make sense" fitness and inspire the younger generation to love and respect their bodies, while they learn the importance of including exercise and proper nutrition as foundational concepts in their lives.

Whether your child is a competitive athlete looking for the edge, or just looking to get active, Kidz-Fit is sure to be the right fit.

## Youth Conditioning Program - 13-15 years of age

The Gym Experience finally tailored just for you!

We are very excited to introduce the Bodilogix Youth Conditioning Program. This is a fitness program is specifically designed with you in mind. At the core of this program this group will be working on foundational core strength, posture, agility, co-ordination and balance.

Our team of qualified fitness trainers takes the Youth Conditioning Program very seriously. Our goal, to produce results in strength, gross and fine motor function that can accelerate performance in any sport. To help under-active young people develop a healthy respect and understanding of the importance of physical activity and develop and encourage a passion for life long fitness.

