



SHIFT Kids' Boot Camp



Fitness Program for Kids

Kids' Boot Camp will be a fun filled experience! It a healthy way for kids to make new friends, gain confidence, burn calories while improving their balance, coordination, flexibility, and sports performance! They will also learn about nutrition in a fun and exciting way!

Even though it is called Boot Camp there's no yelling or harsh commands. It will be a safe, playful, educational, and structured challenging atmosphere. Class size will be limited to 20-30 kids pending average of class age.

When: Monday & Wednesday
4:30-5:15

Where: 208 N 5th Street
Corner of Beale and 5th

Cost: \$20/month/child

More Information?

Contact:

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928-753-0909

SHIFT
SHUFFLER HIGH INTENSITY FITNESS TRAINING

