

# TWEEN FITNESS

NEW SESSION  
REGISTRATION  
OPEN

\*LIMITED SPOTS AVAILABLE -10 KIDS PER CLASS

WEEKLY INSTRUCTOR LEAD  
GROUP FITNESS CLASSES

STRENGTH AND CONDITIONING  
TRAINING PROGRAM

FITNESS FUNDAMENTALS

HEALTHY MIND-SET

ACTIVE MOVEMENT AND  
FITNESS ENGAGEMENT

## DETAILS:

AGES - 11-13 YRS OLD | 8-WK SESSIONS \$120

MONDAYS

BEGINS APRIL 5TH  
415-515PM

## REGISTRATION INFO:

EMAIL US AT [ELMHURST@PATRIOTBOXING.COM](mailto:ELMHURST@PATRIOTBOXING.COM)  
WALK-IN AT 484 S. SPRING RD - ELMHURST IL



@patriotsportsandfitness



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