

SUMMER SUPERHEROES



SUMMER YOUTH & HIGH SCHOOL PROGRAMS

WHAT

Eight weeks of fitness broken into two-4 week sessions (TWO classes a week for age 6-18 & ONE class a week for age 3-5)

WHEN

WEDNESDAYS

11:00am - 11:30am - age 3-5

MONDAYS AND FRIDAYS

10:45am - 11:30am - age 6-9

11:45am - 12:45pm - age 10-13

TUESDAYS AND THURSDAYS

11:00am - 12:00pm - age 14-18

DATES:

Session 1: June 9 - July 11

Session 2: July 14 - August 8

**NO classes June 30 - July 4



COST

557 Alpha Tots (age 3-5)
(30 minutes *with a parent*)

\$67 / session

\$115 for both

CrossFit Kids (age 6-9)
(45 minutes)

\$129 / session

\$239 for both

Youth Strength & Conditioning (age 10-13)
(60 minutes)

\$159 / session

\$299 for both

High School Strength & Conditioning (age 14-18)
(60 minutes)

\$159 / session

\$299 for both

**FREE T-shirt included for all ages

REGISTRATION

Scan the QR code to register or visit us at www.crossfit557.com

**Limited to 10 participants per age group



618-791-0004
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www.crossfit557.com

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