

CASCADE CROSSFIT Goes to school!



What is CrossFit Kids??

- CrossFit Kids is a fitness program where workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive and general and scalable for **any** participant at any level.

What Does this Mean??

- This means that, for the most part, no two workouts are the same, so kids and teens never get bored and the newness of each workout keeps them excited about participating.

What Will We Do??

- The functional movements involve exercises that are fundamental to all things that kids need to do when they play-pull, push, run, throw, climb, lift and jump. All of the movements are taught safely and effectively under the close supervision of our CrossFit Kids Trainer. Not only will they have fun while working out, CrossFit also has an incredible ability to foster teamwork...something that is so important for our kids.

How Do We Sign Up??

- Please email Nick at: nickmartdale@hotmail.com (please include name of child and school)
- Cost is \$50 per child/per month. Program will be offered as part of the after school program.

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