

# Summer Youth Fitness Classes @ Harmony Zone Fitness!!

## Session I ■ June 29 - July 24, 2009

Grade	Day/Time	Focus	Cost
K - 2nd	Tues & Thurs @ 9am 45 minutes	Fun Fitness Games	2 classes per week for 4 weeks = \$30
3rd - 4th	Tues & Thurs @ 10am 60 minutes	Coordination, fitness, confidence & games	2 classes per week for 4 weeks = \$35
5th - 8th	Tues @ 11am 60 minutes	Beginning Weight Training	1 class per week for 4 weeks = \$20

## Session II ■ July 27 - August 21, 2009

Grade	Day/Time	Focus	Cost
K - 2nd	Tues & Thurs @ 9am 45 minutes	Fun Fitness Games	2 classes per week for 4 weeks = \$30
3rd - 4th	Tues & Thurs @ 10am 60 minutes	Coordination, fitness, confidence & games	2 classes per week for 4 weeks = \$35
5th - 8th	Tues @ 11am 60 minutes	Speed & Agility	1 class per week for 4 weeks = \$20

Keep your child healthy, fit and active through summer vacation!! A fun way to burn off energy, develop coordination and skill, or just build their confidence!!

**Classes lead by certified youth trainer. Small group sizes...sign up today to ensure your child's spot!!**

**Sign Up 2nd child in same family and save 25% off second class fee!!  
Sign Up for both class sessions I and II and save 25% off second session!!**

### Summer Youth Training Rates

Training is a great way to improve your child's strength and fitness over the summer vacation.

Ages 5 - 12 ■ \$8 per 30 min session  
Ages 13 - 17 ■ \$12 per 45 min session

Stop at the front desk or talk to Lana Murphy to schedule training times.

### Fantastic Summer Membership Rates for Students of All Ages

Youth Summer Membership (ages 10 - 17)  
**just \$25 for the entire summer**

College Summer Memberships (with valid ID)  
**just \$40 for the entire month**

Parents do not need to be members but must sign waivers prior to start of membership

**Harmony Zone Fitness, LLC 280 W Netherwood, Oregon  
www.harmonyzonefitness.com • 835-9094**