



# Youth **FITNESS**

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

## FIT KIDS

**Contact Info:** Austin Jackson | [ajackson@choicehf.com](mailto:ajackson@choicehf.com) | 701.746.2790

Explore the essential principles of exercise and healthy lifestyle choices through a variety of fun, interactive, and educational activities. Gain practical knowledge on fitness, nutrition, and wellness while participating in hands-on experiences that make learning enjoyable and accessible for all.

*(Limited Space)*

**Trainer:** Abby Stender

**Location:** Kids Zone

### SESSION 1

2

JUNE

27

JUNE

27

MAY

Reg. Deadline  
Late Fee: \$10

REG. OPENS: APRIL 28

### SESSION 2

7

JULY

1

AUGUST

30

JUNE

Reg. Deadline  
Late Fee: \$10

REG. OPENS: JUNE 2

### SESSION 3

4

AUGUST

22

AUGUST

28

JULY

Reg. Deadline  
Late Fee: \$10

REG. OPENS: JUNE 30

### AGES 5 - 7

DAYS	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
M & W	10:00 am - 10:30 am	\$80 / \$115 (non-mem)   FT2-332101	\$80 / \$115 (non-mem)   FT2-332102	\$60 / \$95 (non-mem)   FT2-332103

### AGES 8 - 10

DAYS	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
M & W	10:30 am - 11:00 am	\$80 / \$115 (non-mem)   FT2-332111	\$80 / \$115 (non-mem)   FT2-332112	\$60 / \$95 (non-mem)   FT2-332113

## View Schedules Online

Choice Health & Fitness is committed to getting you moving! We offer a variety of group exercise classes included right in your membership, so you're sure to find the perfect class at your fitness level AND at a convenient time!

**VIEW SCHEDULES ONLINE  
AT [CHOICEHF.COM](http://CHOICEHF.COM)**

