




**CAPE GIRARDEAU
LOCATION**

WWW.HEALTHPOINTPLAZA.COM

**AUGUST 2009
FITNESS FOR YOUTH**

573-986-4400

LAND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp and Kickboxing classes are FREE to member's children during the month of August.* Parent must stay in facility during class					
						
	4-5 PM BOOT CAMP Stacey	4-5 PM Kickboxing Tara	4-5 PM BOOT CAMP Tara			

h2o					5-6 PM AQUA FIT AND FUN (Ages 8-13)	

AQUA FIT AND FUN (AGES 8-13)
Water Safety Instructors lead participants on a fitness-related adventure in the lap pool (Free to Member's children)

BOOT CAMP (Ages 7-13)
Ready, Set, Go! Boot camp drills combined with motivation and lots of energy make this class a great workout. (Free to Member's children)

Nonmembers and guests pay \$3 per class.

KICKBOXING (Ages 7-13)
Kick and Punch your way to fun and fitness with this fast-paced, energy-burning class. (Free to Member's children)

HealthPoint is dedicated to providing positive workout experiences for youth. Cost for kids classes is \$3 with the exception of the weight-training classes and swim club. we welcome your programming suggestions.