



# CROSSFIT KIDS

## Junior Titans

**When:** Mondays 12:25-12:55, [REDACTED]

**Cost:** \$80 (8 sessions)

Operated by CrossFit West10, CrossFit Kids – Junior Titans is a program designed to make fitness fun for kids of all ages and abilities. Kids will perform various workouts focusing on functional exercises and movements.

Our goal is to build character and confidence, physical abilities, proper mechanics in functional movements and social skills

**Registration:** email [info@crossfitwest10.com](mailto:info@crossfitwest10.com) with Henry Hudson in subject line