



# INTRODUCING FR YOUTH OPEN GYMS AND FRNINJA OBSTACLES

**Overview:** Young athletes need a fundamental understanding of movement concepts incorporated with a structure that allows them to implement what they've learned through "organized chaos" or as we like to call it PLAY TIME. At Fitness Revolution we utilize the IYCA coaching systems to equip your child with the fundamentals of exercise and positive uplifting coaching to allow them to succeed in their own way. Each week we will have a motivational quote of the week, a base movement to practice, application of movement, physical challenge of the day, and free play (Including our FRNinja obstacles as seen on Hit TV show American Ninja Warrior). At the end we will discuss physical challenges, our motivational quote, and our "homework" assignment for the next class. We look forward to helping your child reach their full potential and grow into the young man or woman they were designed to be.

Fitness Revolution youth open gyms are a drop in rate of **\$12 per class** for Youth (5- 18 yrs old). Sessions will be 60 minutes.



## FR Open Gym

### Schedule:

**MW 4:30 and 5:45pm,  
Sat 9:30am Starting  
02/01/16. Check  
website for current  
Schedule**

**Birthday party rentals  
available upon  
request....**

**11ft. & 14ft. Warped  
Walls, Invisible  
Ladders, Gorilla  
Alley, Salmon  
Ladders, monkey  
bars and much  
more...**

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Facility for Group and  
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## FITNESS REVOLUTION

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