

## FAQs

### Is weightlifting safe for children?

Yes, in fact it is very good for them when properly supervised.

### What is the WOD?

It is the “Workout of the Day”.

### Will my younger child be participating in the same WOD as the older teenagers?

No, each WOD will be specific for the age group of your child.

## General All-Club Membership Rates

Single Fitness	\$42.85/mo
Single + 1 Child	\$62.85/mo
Student/Senior	\$37.85/mo
Couple	\$71.85/mo
Couple +1 Child	\$81.85/mo
Additional Child	+\$5.00/ea

*\*All prices subject to sales tax.*

## Location

**Central**  
**1600 7th Street**  
**Sioux City, IA 51101**  
**712.255.7659**



### Central Club Hours

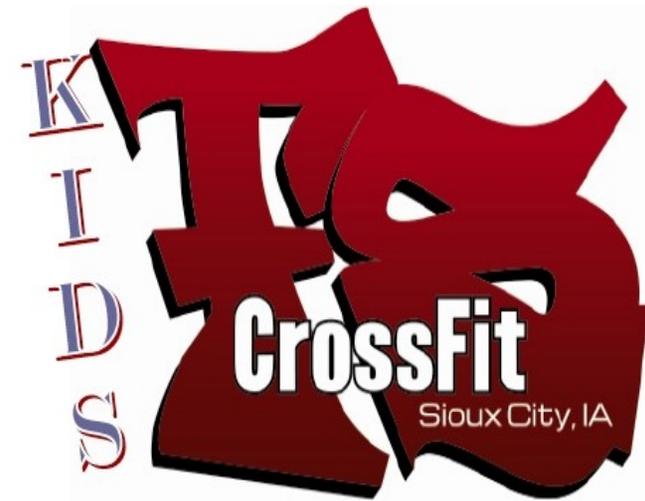
Monday –Thursday

5:00 a.m. - 10:00 p.m.

Friday 5:00 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 6:00 p.m.

Sunday 8:00 a.m. - 8:00 p.m.



We are different than the average summer program; we have limited class sizes that provide your child with the maximum benefit!

**FOUR SEASONS**



## What is CrossFit FS KIDS?

CrossFit is the # 1 fitness product in the world! Here at CrossFit FS Kids we work with children in much the same way that we work with adults and athletes, with a comprehensive fitness program that provides functional exercises. Our program is designed to teach kids how to move properly to improve health and performance. We tailor the fitness routines to build muscle, bone, strength and speed, at a level appropriate for the growing body. Whether your child is a budding athlete or just wants to have fun, CrossFit FS Kids is the perfect fit!



## Meet Your Trainers

### Brady Summers

**CrossFit Kids Certified**  
**CrossFit Level 1 Certified**  
**CrossFit Mobility Certified**  
**Movement Specialist**  
**Masters of Science in Kinesiology**  
**Bachelors of Science Exercise Science**  
**Eleiko Barbell Certified**

Brady was born and raised in Houston, TX. He made his way to Sioux City to play football for Briar Cliff University and graduated with a Bachelor Degree in Sports Science. Brady is an Ace Certified Personal Trainer. He is also a Level 1 CrossFit Trainer and CrossFit Kids Trainer. He loves being part of the CrossFit community and looks forward to the future of CrossFit FS!

Please call  
712-255-7659 to sign-up or visit  
[www. CrossFit-FS.com](http://www.CrossFit-FS.com)  
for more information!

## Kids 8-12 yrs Class Schedule

Monday –Thursday:

8-12 yrs      4:00pm  
(45 minutes)

**\*Limit of 18 per class for each age group**

## Pricing

### Student Monthly Membership

Needs Central Membership dues  
\$20/monthly for 1<sup>st</sup> child  
additional \$10/monthly for 2<sup>nd</sup> child  
additional children are free

Includes Four Seasons Health Club Membership  
& 4 days/week of CrossFit Kids classes

