

CrossFit Kids

s p e e d . p o w e r . a g i l i t y

• CrossFit Kids is not a scaled-down or watered-down version of CrossFit, it is a program designed specifically to meet the special neurological, cognitive and motor needs of children. But the most important aspect of San Carlos CrossFit Kids is that it is FUN! Kids will look forward to coming to class, and will learn that “exercise” is interesting, fun, and worth doing. They will enhance their coordination and agility, increase flexibility, build strength, power and confidence. All movements are age appropriate and the workouts have been designed by CrossFit for children.

- **Ages:** 5-6
Groups are limited to **8 athletes**
Day/Time: Tue & Thu 3:00pm-3:50pm
- **Ages:** 7-9
Groups are limited to **10 athletes**
Day/Time: Tue & Thu 4:00pm-4:50pm

• **Heather Roberson:** Co-owner of San Carlos CrossFit. Heather is a certified Level 1 CrossFit trainer as well as a certified CrossFit Kids trainer. She is also currently studying holistic nutrition at Bauman College. As a mother of two, she understands the importance of starting kids in the right direction regarding health and fitness at a young age. "Kids deserve to be empowered. Teaching them what their bodies can do and what they are capable of builds character and confidence. We are never too young to start developing good habits."

- **Dates:**
Session 1: July 5 - July 21
Session 2: July 25 - Aug 11
- **Cost:** \$95 /Session

san carlos
crossfit

CrossFit Core Training for kids

s p e e d . p o w e r . a g i l i t y

- The CrossFit Core Training program focuses on full body explosive strength and athleticism with emphasis on core strength and coordination. The program will help you become a better, stronger and faster athlete so you can reach your maximum potential!
- Groups are limited to **15 athletes**
- Classes require a minimum of **8 athletes**
- **Ages:** 10-14
- **Dates:**
Session 1: Jun 14 - Jun 30
Session 2: Jul 5 - Jul 21
- **Time:** Tue & Thu 5:00pm-6:00pm
- **Cost:** \$95 /Session

Breanne Feudale M.A. Kinesiology,
Certified Strength and Conditioning Specialist
A third degree black belt in Taekwondo Kukkiwon Korea and 4 time State & National Champion Jr. Olympics, Breanne is a co-founder of CrossFit San Carlos and also a Certified Level 1 CrossFit Coach Instructor. Breanne's CrossFit Core Training program focuses on cross training, and strength and conditioning, with particular emphasis on sports training for young athletes. With over 10 years of experience as a personal trainer and coach, Breanne has been coaching and training young athletes for 5 years.
"Strength combined with speed, neuromuscular coordination, core strength and overall balance & stability are what I believe to be the full package for being a great athlete."

s a n c a r l o s
crossfit