



Springfield Racquet & Fitness Center

LEAN TEAM

Staying Active on a Regular Basis is Key to Maintaining a Healthy Weight

The FUN & Exciting Exercise Program That Kids LOVE

Program Days & Times

You Choose 2 Classes per Week:

Monday – Thursday 6:30pm

Saturday & Sunday 10am

6 Classes per Session

Members \$60

Non-Members \$99

4 Participant Class Minimum

Days & Times May be adjusted due to enrollment

For Children Ages 7 – 14

Program Highlights

Cardiovascular Training

Strength Conditioning

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Lots of Jumping, Moving and Laughing

**Program Director - Ryan Molohon
B.S. Physical Education
Certified Personal Trainer**

**Springfield Racquet & Fitness Center
3725 Chatham Road
Springfield, IL 62704**

**Call Ryan Today at
217 787-2460**