

cross gates

# MyClub youth fitness

**EXCLUSIVE FITNESS CLUB CREATED FOR YOUTH AGES 7 TO 12 OF ALL FITNESS LEVELS**

**Ages 7-12**

**Mon.-Thurs.: 4pm to 8pm**

**Sat.: 9am to Noon**

**Members:**

\$19 plus tax per month for first child

\$10 each additional child

(Orientation Fee \$25)

**Non-Members:**

\$44.95 plus tax per month for first child

\$24.95 each additional child

Plus 6 month commitment

(Orientation Fee \$50)

MyClub is a youth fitness and health program that incorporates all components of wellness, including cardio vascular training, weight resistance training and positive social interaction.

**TONS OF COACHED ACTIVITIES:**

**Full Circuit of Weight Equipment** designed specifically for youth

**Interactive activity wall** keeping kids active

**Wall of Plasma TV's w/ Wii Fits**

**Cardio Drills**

**Special Classes** geared towards every type of kid

**Fit Night Out** special events

**"SLIDELL'S ONLY  
YOUTH FITNESS CENTER!"**

**CrossGates**  
FAMILY FITNESS

4038 PONTCHARTRAIN DRIVE | 985.645.0097 | WWW.CROSSGATESCLUB.COM