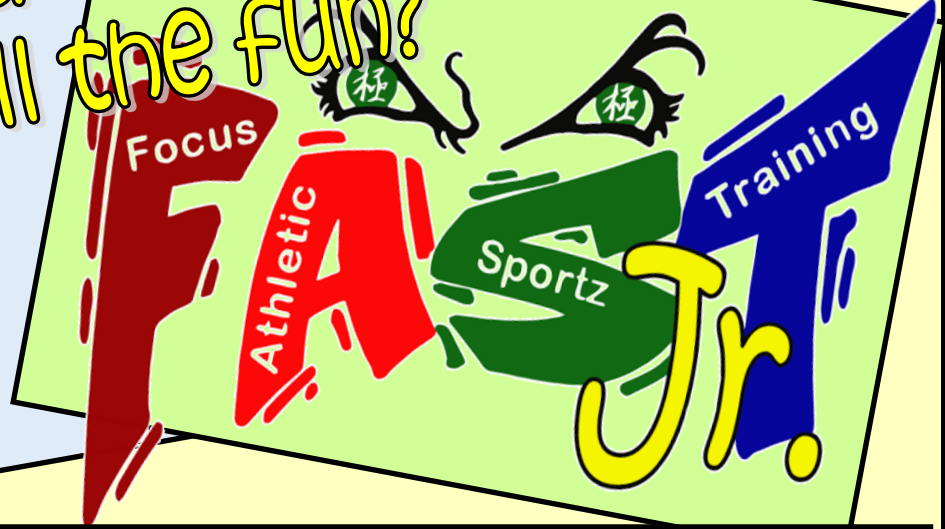


Why should the big kids
have all the fun?



FAST Junior is Focus' newest youth fitness class that takes the energy of our original FAST class and makes it suitable for younger children. This class will be an active and fun class that will introduce your youngster to the very basics of fitness in an atmosphere that is fun and age-appropriate.

Come join and set your child up for a more active future!

DAY/TIME:

Friday 4:30-5:15 pm

AGES:

6 & 7 years

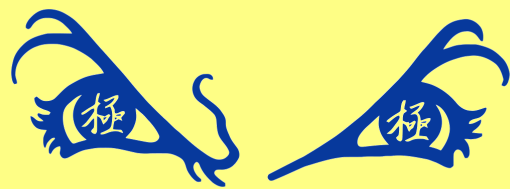
PRICING:

FAST Jr. Membership: \$35/month

Unlimited Young Samurai: \$85/month

ATTIRE:

Comfortable workout clothes, clean gym shoes. (NO OUTSIDE SHOES ALLOWED!)



FOCUS

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