

KID FIT

GRADES 5TH - 8TH

(at the beginning of the 5th grade school year)

COST \$20 per child



You are your child's coach and workout partner! You and your child must complete a Kid Fit orientation together. During this orientation you will learn what is appropriate exercise for your child's age and size. Some machines are not appropriate for younger ages and/or smaller sizes.

Workout together, be healthy together!

- **Child and supervising parent(s) must complete an orientation with a Sun Oaks fitness trainer.**
- **Parents who complete the orientation with their child need to supervise every workout.**
- **You may not bring friends into the weight or cardio rooms.**
- **No open toed shoes or flip flops.**
- **Children who complete the Kid Fit orientation must wear their lanyards when in cardio and weight rooms.**

