

NEXGYM

NEXGYM SUMMER SESSION: June 1st – August 30th (13 WEEKS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer Camps 9am - 1pm					
3-5: Open Gym	3-5: Open Gym	3-5: Open Gym	3-5: Open Gym	3-5: Open Gym	11:15-12: Kids Total Body
4-4:45: Burnout	5-5:45: Sports Agility	4-4:45: Jumpin Jacks	5-5:45: Dance Aerobics	4-4:45: Sports Agility	12:15-1: Burnout
5-5:45: Kids Total Body	6-6:45: Girl Power	5-5:45: Girl Power	6-6:45: Jumpin Jacks	5-5:45: Dance Aerobics	
EXERGAMING GYM 2 Hrs \$18		EXERGAMING + CLASS 2 Hrs \$24		INTERACTIVE CLASS 1 Hr \$15	

Parents Night Out 6-10pm
August 29th

NEXGYM
3480 FINANCIAL CENTER WAY, STE. 910, BUFORD
678-482-7679
MALLOFGEOORGIA@NEXGYM.COM

N E X G Y M

EXERGAMING GYM

Drop-In Cost per Visit: \$9.99/ 1 Hr, \$18/ 2 Hrs

Summer Hours: Monday - Friday: 9am - 7pm

Saturday: 11am - 7pm, Sunday: 12pm - 5pm

Fall Hours (Begins August 10th):

Monday - Friday: 3pm - 8pm

Saturday: 11am - 7pm, Sunday: 12pm - 5pm

PERSONAL TRAINING

Our Personal Trainers will develop a customized program to meet your child's' goals and needs. It begins with a fitness assessment, then the development of a unique and appropriately challenging routine.

BIRTHDAY PARTIES

Members \$19.99/Child, Non-Members: \$24.99/Child

Friday: 7pm - 9pm

Saturday: 10am - 12pm, 4:30pm - 9pm

Sunday: 12pm - 7pm

Ask About Our Extreme Party Packages!

CONFIDENCE BUILDERS

Provides learning different children the opportunity to work in a social environment and develop their functional sports skills.

**Pre-evaluation required*

CLASS DESCRIPTIONS

Kids Total Body: Ages 6 & Up: This class uses body weight exercises to strengthen muscles, increase endurance and improve coordination.

Jumpin Jacks: Ages 6 & Up: Fast pace jump rope class that teaches the fundamentals of jumping rope while giving you a total body workout. Let's have fun and JUMP!

Dance Aerobics: Ages 6 & Up: High energy, non stop aerobics class that will have you moving and grooving while having fun and staying fit!

Girl Power: Ages 6 & Up: Being a Girl is Awesome. Celebrate all that is great about being a girl while laying the groundwork for a healthy lifestyle. This class combines fitness with social aspects facing our kids today.

Burnout: Ages 6 & Up: This is a fast paced fun cardio workout designed just for kids.

Sports Agility: Ages 6 & Up: This class will get your feet moving and your heart racing. This class is designed to enhance your current sports skills. We focus on drills and fundamentals of various sports.