

NEXGYM

NEXGYM FALL SESSION: August 31st – November 20th (12 WEEKS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am-11:15pm Kindermusik			9am-1:15pm Kindermusik		10am-1:15pm Kindermusik
4-5pm Muscle Mania	4-7pm *Martial Arts	4-5pm Pickle Ball	4-5: Kids Yoga	Exergaming Gym opens at 1pm	10-11am Sports Agility
5-6pm Sports Agility		5-6pm Burnout	4pm-7pm *Martial Arts	4pm-5pm *Wrestling	11:00-1:00 *Martial Arts
6-7pm: Burnout					1-2pm: Burnout
EXERGAMING 2 Hrs \$16	INTERACTIVE CLASS 1 Hr \$12	EXERGAMING + CLASS 2 Hrs \$20		Wrestling \$150/month Karate/C.B: Pricing varies	

Parents Night Out 6-10pm

September 18th Sports Mania • October 23rd Monster Bash • November 13th TBD

NEXGYM
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EXERGAMING GYM <i>Drop-In Cost per Visit: \$16</i> Monday - Thursday: 3pm - 7pm Friday: 1pm - 7pm Saturday: 10am - 4pm Sunday: Closed for Parties Ask About Kids Club Specials!	BIRTHDAY PARTIES <i>Members \$299, Non-Members: \$319</i> Monday - Friday: 7pm - 10pm Saturday: 4:30pm-10:00pm Sunday: 12pm - 8pm
PERSONAL TRAINING Our Certified 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.	CONFIDENCE BUILDERS (C.B.) Combines motor co-ordination with group social skills to provide learning different kids an opportunity to participate in fun fitness activities. Taught by an Occupational Therapist. Call to schedule a time.

CLASS DESCRIPTIONS

- *Martial Arts Ages 5-12:** Traditional Martial arts values where students develop strength, not over others, but over their own bodies and minds. Drills, skills and controlled contact taught by an experienced and accredited instructor.
- *Wrestling Ages 8-12:** Learn a sport that improves balance, co-ordination, muscle strength, and flexibility. Work with Daniel Wren, one of the top former NCAA wrestling champs, to gain an understanding of the sport. Learn not only the correct moves, but also strategies that will make you a winner!
- Pickle Ball Ages 5-14:** It's the latest craze! Be the first to try out this new game. A combination of ping pong, tennis and badminton; this game will keep you on your toes! Suitable for all ages! **4 students per class**
- Sports Agility Ages 5-14:** This class pumps you up with speed, agility, strength and cardio drills. A true fitness class with warm-up, cardio, strength & stretch segments. Improve your skills in various sports such as basketball, soccer, football and others.
- Burnout: Ages 6 & Up:** This is a fast paced fun cardio workout designed just for kids utilizing relays and our sportwall.
- Kid Yoga Ages 7-12:** Chill Out while learning basic Yoga positions. Balance, core strength and flexibility are the key components of this invigorating class.
- Muscle Mania:** Go Crazy improving core strength, muscle endurance and muscle tone while having fun at the same time! You will use free weights, bands, balls and your own body weight as resistance while you learn proper form.