

NEXGYM

NEXGYM SUMMER SESSION: June 8th – August 21st (11 WEEKS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer Camps 9am-1pm					10-11am Sports Agility
Exergaming Gym open from 10am-6pm					11:00-1:00 *M. Arts
3pm-4pm Muscle Mania	4-7pm *C.B./*M. Arts	3pm-4pm Burnout	4-5: Kids Yoga	3:00pm-4:00pm Burnout	1-2pm: Burnout
4pm-5pm Sports Agility		4pm-5pm Muscle Mania	4pm-7pm *M.Arts/*C.B.		
EXERGAMING 2 Hrs \$16	INTERACTIVE CLASS 1 Hr \$12	EXERGAMING + CLASS 2 Hrs \$20		Wrestling \$100/month Karate/C.B: Pricing varies	
Parents Night Out 6-10pm June 19th • July 17th • August 14th					

NEXGYM
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PLANO, TX 75093 • 972-781-2244
PLANO@NEXGYM.COM



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EXERGAMING GYM <i>Drop-In Cost per Visit: \$16</i>	BIRTHDAY PARTIES <i>Members \$319, Non-Members: \$339</i>
Monday - Friday: 10am - 6pm Saturday: 10am - 4pm Sunday: Closed for Parties Ask About Kids Club Specials!	Friday: 7pm - 10pm Saturday: 4:30pm-10:00pm Sunday: 12pm - 8pm Weeknights: starting at 6pm
PERSONAL TRAINING	CONFIDENCE BUILDERS (C.B.)
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.	Combines motor co-ordination with group social skills to provide learning different kids an opportunity to participate in fun fitness activities.

CLASS DESCRIPTIONS

***Martial Arts (M.A.) 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!

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.