

N E X G Y M

NEXGYM WINTER SESSION: January 5TH – MARCH 13TH (9 WEEKS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30- * <u>Lango Spanish</u> Tot & Parent	Gym Is Closed unless Holiday Schedule Indicates Otherwise			10:30- * <u>Lango French</u> Tot & Parent	10-12: NEW Birthday Party Spot!!
11:30: * <u>Lango Spanish</u> Pre-School	11:15- *Music Together	11:15- *Music Together	12:45- * <u>Lango Mandarin</u> Pre-School	11:30:- * <u>Lango French</u> Pre-School	1:00- Dodgeball Tournament
Gym Opens at 2pm to Children 6-14					2:00-*CB
3:15- Nexgym Olympics	3:15- Open Studio	3:15- Open Studio	3:15- Open Studio	3:15 Nexgym Olympics	3:00-*CB
4:15- Pilates /Yoga	4:15- Dodgeball Drills	4:15- Strength Training	4:15- Sports Training	4:15- Dodgeball Drills	4:30-6:30 & 7-9pm Reserved for Birthday Parties
5:00- *Beginner Karate	5:00- Iron Man	5:00- *Beginner Karate	5:00- Confidence Builders (CB)	5:00: *CB	
6:00-*Karate	6:00- Sports Training	6:00 *Karate	6:00-Girl Power	6:00 *CB	
EXERGAMING GYM 2 Hrs \$15		EXERGAMING + CLASS 2 Hrs \$20		INTERACTIVE CLASS 1 Hr \$10	
Parents Night Out 6-10pm					
Jan 23rd Ninja Night • Feb 20 th Peace Love & Nexgym (Hippie Night) • March 13 th ShamROCK Bash					

NEXGYM

SOUTHLAKE TOWN
SQUARE

1430 E. SOUTHLAKE BLVD., STE 110
76092

817-488-9300

WWW.NEXGYM.COM

EXERGAMING GYM

Cost per Visit: \$15

Monday - Friday: 2pm - 7pm

Saturday: 10am - 4pm

Call in advance to schedule your visit.

BIRTHDAY PARTY HOURS

Cost \$325

Friday: 7pm - 9pm

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

Sunday: 12pm - 7pm

Ask about Membership Discounts

CLASS DESCRIPTIONS

Ages 6-14

Strength Training • Total fitness conditioning! Our Personal Trainers will emphasize proper form and techniques using free weights and body weight.

Football Agility • Football fundamentals and drills taught by our coaches in a safe and non-threatening environment.

Dodgeball Drills • Challenging drills get you throwing and catching like a champ while honing agility and accuracy. A live-action game tests your skills at the end of each class.

Boot Camp • Come Join the troops! Your child will love the challenging circuits and cardio endurance.

Pilates/Yoga • This class combines the two most effective ways to develop strength and flexibility in a fun creative way!

Nexgym Olympics • This fun event will put your kids skills to the test as they compete to be the strongest, fastest, smartest

Ages 8-14

Iron Man • This fun unique high energy class has been designed to work your son out while teaching him the character traits necessary to stand strong in today's world.

Girl Power • Help your daughter lay the ground work for a healthy lifestyle in our effective and challenging girl power program

CLASSES WITH ADDITIONAL FEES

*Lango • Ages 18 Months-5 Years

\$159 for a 9 Week Program (Start Date Jan 12th)

Instructors use culturally based music, art, games, and stories to teach your child a second language in an environment they'll love.

**Tot & Parent 18 Months until potty trained*

**Pre-K Ages 3-5*

-Register at : www.langokids.com/regions/dfw-north/

*Music Together • Infants and Toddlers :

\$175 10 Week Program

This is a high energy hands on class designed to introduce music with to infants and toddlers while bonding with their parents. This semester will focus on Bells

*Nexgym Karate • Ages 5-14

Monthly Rate: Members \$72 Non-Members \$90

Students will develop strength and discipline, while learning offensive as well as defensive skills with integrity and respect for one another.

*Confidence Builders:

Cost \$40-\$60 per class by appointment only

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

**Pre-evaluation required*