

FUN FITNESS FOR KIDS



Fitness fun! Whether you want to improve your performance in a specific sport or just have fun getting fit, this is an energetic workout for kids of all ages. By focusing first on safety, form and technique with a certified trainer, you'll learn how to improve your overall fitness and realize your full potential! Choose from a variety of workouts.

- Enhance speed, agility and quickness with sports-specific training
- Incorporate kick boxing, hip hop, jazz, or martial arts into an energized workout
- Certified personal trainer specializing in youth conditioning will tailor the workout to your interest and goals

Your Gift Locations*

Denver, CO

Availability

Year round, Monday through Saturday

Duration

1 hour

Essential Information

Minimum age is 13 years old; parent or guardian must be present for participants under age 18

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-10-3353-A