



X-Fit Lil Ninja Training

Tuesdays at 3:15 - 4:05

FREE Trial class Tuesday, January 29th 3:15pm – 4:05pm

Questions and to RSVP to XFit.jr@gmail.com

Description of class:

Would you like your child to be the next American Ninja Warrior? X-Fit Lil' Ninja Warrior is designed for all levels. This is a non-competitive program that helps your child develop gross motor skills, core strength, balance, and control of their body in an athletic atmosphere. Your Lil' Ninjas will be getting fit while overcoming obstacle courses.

Visit us online: www.XFitTrainingEastBay.com

5yrs- 8yrs X-Fit Jr.

9yrs- 14yrs X-Fit Sr.

\$15 per training. All payments are paid monthly.

We prorate dues during the month

For Registration

Email: xfit.jr@gmail.com or call 510-289-4200

RSVP for your child's first class

*Also available for private training

NOTE: Days and times are subject to change. Please call or email for updated schedule.