

FOR CHILDREN AGES 5-12

Speed and Agility Class



Wednesdays

5:30PM - 6:30PM

April 3rd, 10th, 17th, and 24th



We will implement interval training with explosive/powerful training movements that build muscles for faster, stronger movements. If your child is training for athletics, off season training, or just wants to be active and burn energy, please join us!

Session Pricing

Members: \$60

Non-Members: \$80

Registration



Alyssa White | Children's Services Supervisor: 630-646-7916

Children's Service Desk: 630-646-7940



eehealth.org/healthy-driven/fitness-centers/services/childrens-fitness