

X-FIT PROGRAM

ZONE 1

AGES 6-8

This class will meet for 1 hour, 1 day a week with an optional 2nd day available at a 20% discount. This class is designed not only as an introduction to fitness, but also incorporates sports, games, light weights and agility exercises to teach kids that fitness can be fun!

Monday and Wednesday 4:00pm – 5:00pm

ZONE 2

AGES 9-11

This class will meet for 1 hour, 1 day a week with an optional 2nd day available at a 20% discount. This class is designed to begin teaching the basics of strength training, age appropriate weights, agility, and safe exercise techniques. Zone 2 teaches students that fitness can be fun and challenging by incorporating sports, competitions, games, and new exercise routines that promote lifelong fitness.

Tuesday and/or Thursday 5:00pm – 6:00pm

ZONE 3

AGES 12-14

This class will meet for 1 hour, 1 day a week with an optional 2nd day available at a 20% discount. This class is designed to introduce weight training, cardio fitness, agility, and stretching to each student. All levels of fitness are welcome, and each student will learn proper techniques, safety, and how to begin to structure their own fitness routine. Each student will receive a Certification Pass as part of this program that will enable them to use the gym and weight rooms without parent supervision. Class will be held in the gym and weight rooms.

Monday and/or Wednesday 5:00pm - 6:00pm

SPORTS CONDITIONING CLASS

AGES 13-18

This class will meet for 1 hour, 1 day a week with an optional 2nd day available at a 20% discount. This class is perfect for kids participating in athletic programs and will be cardio based to promote endurance and enhance conditioning. Drills and exercises will be sports specific, geared towards the sport you are participating in, however, all kids are welcome that want to increase their cardio endurance regardless whether they're playing a sport or even if their sport is out of season.

Tuesday and/or Thursday 4:00pm – 5:00pm

YOUR INSTRUCTORS

JODI HANSEN

**ACE certified Personal Trainer, NREMT, SPINNING® certified,
Red Cross certified CPR/First Aid Instructor**



Jodi provides personal training, group training and loves to incorporate her experience as a youth fitness trainer working with kids and young adults. Jodi got her experience with the Lincoln Family YMCA designing Physical Education programs for local charter schools that had lost their P.E. and sports programs. She incorporated fun activities like swimming, basketball, sports with weight training, strength, agility training and nutrition counseling. Her goal is to teach kids how to exercise efficiently, safely, and how to make exercise and fitness a way of life. Jodi draws on her background in outdoor fitness, Pilates, cycling and weight training to develop high energy "circuit" style workouts that provide challenge, motivation, and fun!

JASON LOPEZ

**ISSA certified Personal Trainer, All-State Wrestling,
State Champion Track, Collegiate All-America,**



Jason comes to La Camarilla with an extensive background in sports including wrestling and track, culminating in a Pro Track career. He personally trained his two All-American High School wrestling brothers, and designed workouts for Collegiate and Olympian runners. He trained abroad while on tour during his running career.

- SESSION DATES -

SEPTEMBER 7, 2009 - NOVEMBER 22, 2009	11 WEEKS
NOVEMBER 30, 2009 - FEBRUARY 28, 2010	11 WEEKS
MARCH 8, 2010 - MAY 23, 2010	11 WEEKS

- SESSION PRICES -

ZONE 1	\$110.00	2ND DAY OPTION 20% Discount	\$88.00
ZONE 2	\$110.00	2ND DAY OPTION 20% Discount	\$88.00
ZONE 3	\$110.00	2ND DAY OPTION 20% Discount	\$88.00
SPORTS CONDITIONING	\$110.00	2ND DAY OPTION 20% Discount	\$88.00

All Programs are open to Members and Non-Members
Non-Members pay an additional \$30 per 11 week session
No Non-Member fees apply to 2nd day option.
(Only one non-member fee is assessed per family per session.)

**FOR MORE INFORMATION, CONTACT JODI HANSEN AT
 LACAMARILLA RACQUET, FITNESS & SWIM CLUB
 (480) 998-3388**