

# I AM KIDS CROSSFIT



EXCLUSIVELY



Be the first one to sign up for I Am Kids CrossFit afterschool program at Montessori Children's Academy.

## CONFIDENCE    NUTRITION    ATHLETES    TEAM    CONDITIONING

I am Kids Crossfit uses a combination of skill practice, workouts and games to build strength and conditioning in children. Classes include elements of gymnastics, weight lifting, body weight movements, running, jumping rope, and much more all geared to children and their specific needs.

Crossfit Kids teaches the ten general physical skills used to prepare children for any sport or activity in a FUN & educational environment.

AGES: PRESCHOOL 3 - 5    KIDDOS 6 - 12    TEENS 13 - 17

CROSSFIT COCONUT GROVE  
2900 SW 28 LANE  
MIAMI, FL 33133  
305.441.5511  
www.crossfitcoconutgrove.com

I AM CROSSFIT  
1401 NW 88 AVE  
MIAMI, FL 33172  
305.591.9533  
www.iamcrossfit.com

CROSSFIT SOUTH MIAMI  
6895 SW 81 ST  
MIAMI, FL 33143  
305.663.9477  
WWW.CROSSFITSOUTHMIAMI.NET

\* FIRST CLASS IS FREE!

JOIN US FOR OUR FREE SATURDAY CLASS AT 9:00AM.

