



Coach Sally is thrilled to be joining with St. Francis to offer CrossFit Kids on Thursdays from 2:15-3:00. It's her personal mission to teach fitness and movement in a fun and encouraging environment. Each class will consist of an explanation of the day, a warm up, skill work, a workout and a game. Most all of the movements will be body weight movements. Sally has 15 years of Texas classroom teaching experience and 4 years of CrossFit and CrossFit Kids experience.

How do you register your child?
call @254-681-2642
email: crossfitdsp@gmail.com

Cost?
\$40 a month
cash or checks or debit/credit cards
accepted

Prerequisites:
completed waiver

What IS CrossFit Kids? CrossFit Kids is a method for teaching Greg Glassman's CrossFit to children ages 3 and up. Based on the principle of Mechanics, Consistency and then Intensity, CrossFit Kids emphasizes good movement throughout childhood.

Consistently good mechanics translates to physical literacy, enhanced sports performance and fewer sports injuries for kids. Not only that, a vast body of research indicates that exercise is beneficial to cognitive function, which means consistent adherence to the program can have a positive impact on children's academic achievement.