

KIDS FITNESS

Kids fitness is a blend of activities and movements including strength training, agility, speed, plyometric, and drills/games to increase the overall physical fitness of today's children.

DETAILS

When: Wednesday's, 5:30-6:15 pm and Saturday's, 12:00-1:00 pm
Who: For those 7-14 years
How Much: \$10/members, \$15/non-members



- Workouts will be closely monitored by a certified strength and conditioning specialist
- Lee Jephson, MS, CSCS.



Towson Kids Fitness merrittclubs.com

Name _____

Address _____

City/State/Zip _____

Home Phone # _____ Cell Phone # _____

E-mail _____

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Clubs' services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Clubs' services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Clubs, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives and assigns do hereby release and discharge Merritt Athletic Clubs, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Clubs and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

For more information, contact Diane Frager at dfrager@merrittclubs.com or at 410.821.0160.