

***Nutrition Plus for Kids**

If you want your children to learn about nutrition love obstacle courses, dodge ball, kick-ball or other games-this program is for you! While playing games, or going through an obstacle course, children work on the fundamentals of running, jumping, strength, endurance speed & agility. This is a great way for your child to have a ton of fun while getting fit in the process! This is what makes Fitness Plus the program to be at this fall!

***Sports Specific Camps**

Winter sports are going to be here before we know it. Sports Specific Camp is a great way for athletes to get a head start on all of their competition. The program focuses on running mechanics, speed & agility, plyometric, hand-eye coordination, explosiveness & individual needs.

****Future stars Plus**

Your child will spend 1 hour rotating between the gym working with a personal trainer introducing fitness for fun into their lives and tennis instruction

****Superstars Plus**

Your child will have 1 hour of tennis in the superstars II and III classes with an added fitness component. The 30 minute fitness class will work on fundamentals of running, jumping, strength and endurance with an emphasis on rotation, balance, speed and agility to help improve their tennis game.

*****TRX**

Born in the U.S. Navy Seals' and developed by Fitness Anywhere, Suspension Training is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility & prevents injuries,, all at the intensity you choose. To ensure your success, every TRX training session includes complete usage instructions, training tips & a comprehensive 45 minute full body workouts that can be adapted as your fitness improves! For times and to sign-up check at the front desk.

*****Total Body Blast**

Taught by personal trainers, Total Body Blast is cutting edge group training that focuses on full-body fitness using body weight, free weights & functional exercise. These 1 hour sessions are for both beginners and advanced athletes & can improve strength endurance while boosting metabolism. Better than boot Camp! For times and to sign-up check at the front desk.

Registration for classes

*Classes run 5-7 weeks. For start and end of session check brochure at front desk. Registration form for class found in brochure.

** classes run for 18 weeks broken into 2 sessions. Check Tennis brochure for details and registration form.

***Classes run weed to week . The only way to register is online at www.lcclub.com.

For more information contact David Gaatz
in the Fitness Department
gaatzd@lcclub.com

[560 Industrial Drive
Hartland, WI 53029
262-367-4999
www.lcclub.com](http://www.lcclub.com)

