

# SUMMERTIME FITNESS



"Your Health And Fitness Is Our Priority"  
24/7 FITNESS CENTER

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## YOUTH FITNESS TRAINING PROGRAM

Get your kids active and healthy with our 12-week summer youth dynamic training program.

The 12-week CE Nutri-Fit 24/7 Youth Training Program provides kids ages 10–16 with an opportunity to learn healthy ways to get and stay fit. It is also a great opportunity to meet others in the community with similar interests.

We emphasize educating kids on proper training techniques to help them develop strength, endurance, coordi-

nation, agility, and most importantly improve overall health. The kids will develop a great team work ethic while having fun and building friendships with other kids.

One hour sessions will be held on Monday and Wednesday at 5:30 pm. beginning Monday June 30. The 12-week session costs \$300 per person. Youth can also attend individual sessions for only \$20 per person per session. Register online at [www.cenutrifit.com](http://www.cenutrifit.com), call or stop by for more details.



## SUMMER BEACH BODY BOOT CAMP

Are you ready to bare it all at the beach or poolside? If not, we are ready and willing to help you shed some of that lingering winter "insulation".

Our program is fun, high energy, with group/paired drills that are designed to keep you motivated and allow all participants to meet their individual fitness

goals/needs. The program involves a variety of exercises performed in groups to keep you motivated while attaining their fitness needs.

This is an 8-week program offered every Sunday morning. The 60 minute sessions will start promptly at 8:30 am

starting Sunday July 6. All sessions will be held at our facility located at 10015 N. Ambassador Dr. Ste 203 in North Kansas City, MO. 64153. You can register on our website for the entire 8-week program (\$180 per person) or you can sign up for individual sessions (\$25 per person per session). The Boot Camp is limited to 12 participants. JOIN US TODAY!!

Join us at  
[www.cenutrifit.com](http://www.cenutrifit.com)



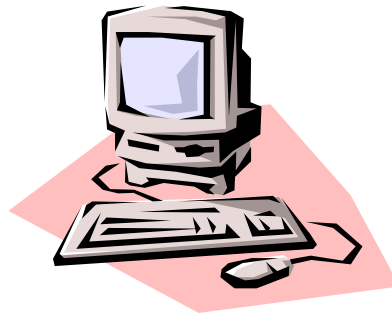
## NEW WEBSITE LAUNCHES IN JULY

Starting in July, you will see a new and improved CE Nutri-Fit 24/7 website. Our website will launch with a new look and feel. It will be the place to go to sign up for classes, see what's coming and to learn more about your health and fitness.

- Social media updates from CE Nutri-Fit members
- Stories from you, your friends and your family about your successes and your advice to others trying to maintain their health and wellness.

The website will be the launching point for several new features that will assist your ongoing health and wellness efforts

- Online membership purchase and/or renewal
- Group exercise class registration
- Advance notification of new courses or one-time offerings
- Mobile phone access



If you have not already visited us, we look forward to having you explore our website at [www.cenutrifit.com](http://www.cenutrifit.com). We welcome your feedback.

## GROUP CLASS SCHEDULE UPDATES: JUNE

### Core Boxing (1 hr.)

- ⇒ Tuesday 630pm
- ⇒ Thursday 6pm
- ⇒ Saturday 9 am

### Yo-Fit (50 min): Wednesdays 6pm

Have you signed up for your summer group classes? If not, you can register here or go to

### Tabata (40 min)

- ⇒ Monday June 9, 6pm
- ⇒ Sunday June 22, 11am
- ⇒ Wednesday June 25, 6pm
- ⇒ Sunday June 29, 11am

*"It is health that is the real wealth, not pieces of gold and silver."*

*Mahatma Ghandi*

[www.cenutrifit.com](http://www.cenutrifit.com)

### In the News @CENUTRIFIT

- 12-week Youth Training Program starts June 30. Register now.
- Got 5 minutes? Then you have time to shape up!
- Looking for a new fitness tracker? Amiigo fitness is accepting pre-orders
- Refer friends and family to CE Nutri-Fit and you reap the benefits!! Stop by the fitness center or check out our website for more details

Follow us on  
Twitter @CENUTRIFIT

### CE NUTRI-FIT 24/7 FITNESS CENTERS

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