

Back To School Guide

CROSS GATES
FAMILY FITNESS

NOW REGISTERING

Preschool
Mothers' Day Out
Premiere Taekwondo
Fast Basketball
Tennis Programs
Tropical Storm Swim Team
Parisi Speed School
Danceworks
Tumbling
Youth Fitness
Certification
CrossFit Kids

SINCE 1981, CGFF IS WHERE FAMILIES HAVE GROWN UP! Parents can work out while their kids are in after school activities, no more waiting rooms or wasting time. When you feel your best, you can help make your family their best! CGFF provides you with all of the support you need to get on track for a healthy lifestyle.

CG|40
TOGETHER FOR 40 YEARS

PRESCHOOL

MOTHER'S DAY OUT! REGISTER TODAY!



Cross Gates Family Fitness
helping hands
CELEBRATING OVER 10 YEARS OF PRESCHOOL

Ages 2-5 | Non-Members Welcome
M,W,F 9am - 1pm | MILITARY ROAD

Call Or Stop By Military For More Information And A Tour!

Active Play

Indoor Play Structure
Guest Speakers
Outdoor Playground
Creative Movement
Sports Field

Taekwondo

Spacewalk
Kid Fitness
Basketball Gym

Educational:

Letters
Numbers
Colors
Manners
Listening Skills



TAEKWONDO & JIU JITSU

Master Brian James & His Instructor Team

We follow the tenets of Tae Kwon Do and bring friends and families together through a positive atmosphere of fitness workouts and self-defense training that teaches and upholds family values.

MEMBERS \$65 PER MONTH | NON-MEMBERS \$85 PER MONTH
SIBLING DISCOUNTS & FAMILY RATES AVAILABLE



TAEKWONDO

Ages 4 to Adult
Learn respect, confidence, self-defense and other important life-skills while staying active and healthy.
Classes Offered 4 Days Per Week

JIU JITSU

Ages 14 to Adult
Learn self-defense, cardiovascular and strength training



To Get Started Call Master Brian James To Schedule Your FREE Evaluation Class 985-639-9466

Available At: Cross Gates Family Fitness Military Road location
200 N. MILITARY RD. | CROSSGATESCLUB.COM | 985.643.2049

Need a little help?

Drop Off Service | Available at all locations.



Leave your children with us while doing the things that you need to do. Available at all locations during regular YAC hours. Just pay an hourly rate!

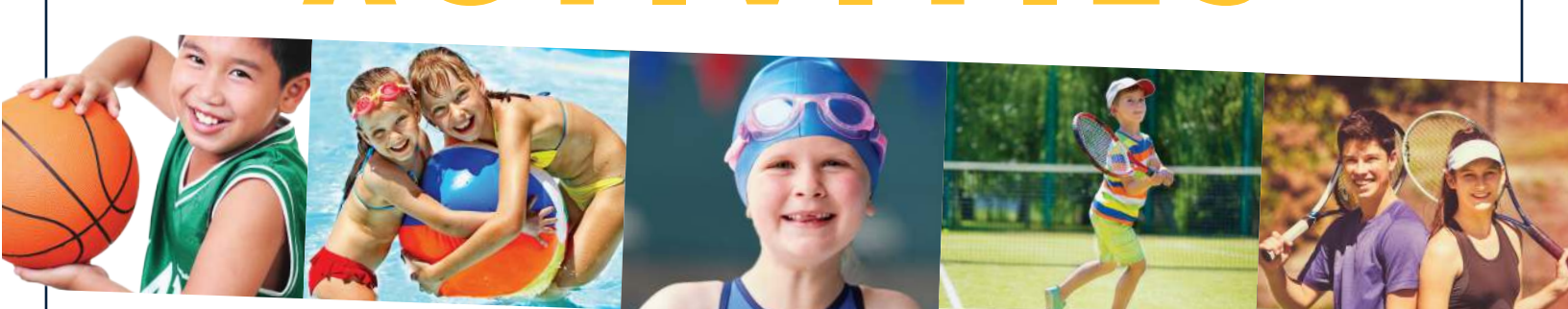
Need a little more time?

Upgrade to 3 hours of child care per visit

CG PLUS+
MEMBERSHIP

Also includes Kid Zone at Military Rd with Jammin' Jungle, Sports Complex Activities & Bounce House

AFTER SCHOOL ACTIVITIES



PICK YOUR TEAM

FAST BASKETBALL, TENNIS ACADEMY, TROPICAL STORM SWIMMING

Our year round programs provide you with the opportunity to work with coaches and teammates for the entire school year.



HAVE FUN

PREMIER TAEKWONDO, DANCEWORKS DANCE & TUMBLING

These recreational programs help students develop skills, practice and improve all year long which allows them to feel successful and build confidence!



GET FIT

YOUTH FITNESS CERTIFICATION, PARISI SPEED SCHOOL, CROSSFIT KIDS & JR. FITNESS CLASSES W/ GROUP EXERCISE

Start healthy habits that will last a lifetime. Commit to a program, get in a routine and stay fit this school year.

NON-MEMBERS WELCOME

FAMILY FUN NIGHT

COME ENJOY ALL CROSS GATES HAS TO OFFER FOR THE FAMILY IN ONE NIGHT!

Plan your school year at the club. What classes do you want to add to your schedule? What activities do you want to do after school? Come give them all a try and find out at this FREE event!

AUG 20 • 6-7:30

Fun For The Entire Family!

JR FITNESS CLASSES

Fun Classes Start Every 30 Mins at 6, 6:30 & 7pm
Start where you want and rotate through all 3! Ages 10 & Up

Spin Studio

Spin Studio, Must be 5 ft. tall

Body Combat

Studio One

Body Attack

Mind & Body Studio

FUN DROP IN ACTIVITIES

Come check out the fun activities available after school this year

Cardio Tennis

Taekwondo Skill Test Demos

Fast Basketball Drills

Dancing & Tumbling Party

Tropical Storm

Swim Stop

Live Better: Nutrition Station

200 NORTH MILITARY ROAD | 985.643.3500 | CROSSGATESCLUB.COM

SCHOOL'S CLOSED
CROSS GATES IS OPEN!

Ages 4-11 • 7am to 6pm

Before & After Care Included • Lunch Available

Fun Activities Planned • Daily Rates Available

Election Day, Thanksgiving,
Christmas, Martin Luther King Jr Day,
Mardi Gras & Spring/Easter Break

