



**RED WOODS**  
FITNESS

# YOUTH FITNESS

**WITH COACH ERIK CABRERA**

» CLASSES FORMING NOW »

An inclusive fitness program designed for children and teenagers to engage in functional fitness and have FUN! Scaled-down versions of adult skill training, including speed, agility, and game-based workouts will get kids excited about exercising.



Where we'll meet

**TUESDAYS & FRIDAYS** CrossFit 631 Red Woods  
**3:30 - 4:30PM** 635 Middle Country Rd, Coram, NY 11727

**THURSDAYS** Heritage Center  
**3:30-4:30PM** 633 Mount Sinai-Coram Rd, Mount Sinai, NY 11766

[INFO@REDWOODSFITNESS.COM](mailto:INFO@REDWOODSFITNESS.COM)  
FOR MORE INFORMATION