

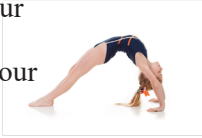
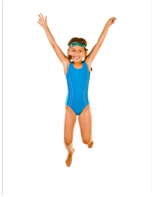


# YOUTH PRIVATE LESSONS



# ABKFUN.COM

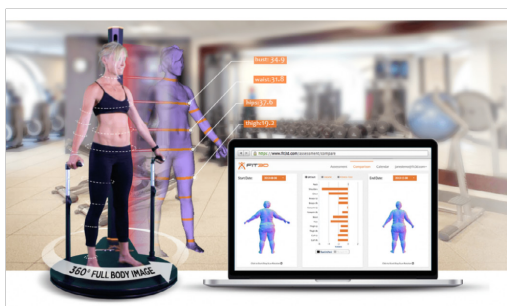
America's Best Kids GYMNASTICS, SWIM, DANCE & KARATE

Private lessons are available for both currently-enrolled students seeking additional individualized training and also for those not currently enrolled who prefer one-on-one training over the class environment. ABK Annual Registration Fee is required for private lessons. \$30/student or \$60/family. No registration fee is required if student is currently engaged in an active karate contract.

<p><b>GYMNASTICS (same household)</b></p> <p>1 Student      \$30 half hour/ \$60 hour</p> <p>2 Siblings      \$55 half hour/ \$100 hour</p> 	<p><b>SWIM (same household)</b></p> <p>1 Student      \$40 half hour</p> <p>2 Siblings      \$75 half hour</p> <p>3 Siblings      \$100 half hour</p> 
<p><b>DANCE</b></p> <p>1 Student      \$30 half hour/ \$60 hour</p> <p>1 UDC Student*      \$25 half hour/ \$50 hour</p> <p>*Unlimited Dance Classes</p> 	<p><b>KARATE</b></p> <p>1 Student      \$30 half hour</p> <p>1 BBC Student*      \$25 half hour</p> <p>*Black Belt Club</p> 

## FIT3D SCAN @ CHFF

Measure your success with a Fit3D total body assessment! Scan is completed alone in a private, dedicated scan room. \$20 per scan or 4 for \$75. Included in some Personal Training purchases.

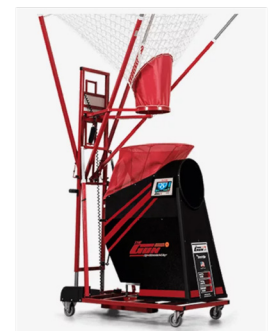


- 35 second scan & 4 minute processing time
- Full body 3D image
- Weight & body composition
- Circumferences & contours
- Posture & balance analysis
- Pregnancy tracking & youth development
- Portal login and emailed results
- Compare latest scan to your previous scans

## THE GUN 10K BASKETBALL SHOOTING MACHINE @ CHFF

Practice makes consistent!  
 Court House members \$20/mo or \$5/ 25-minute session. Non members \$35/mo. or \$10/ 25- minute session.  
 Discount for addl family members

- Analytics track shots & report statistics in real time
- Shoot-A-Way App for coach or player
- Pre-programmed & programmable shooting drills
- Spot to spot shooting & arch increase
- Timing device & shooting accuracy
- Countdown lights
- Fire up to 1800 shots per hour
- Fast action shooting
- Full perimeter shooting & consistent passes



**CALL WITH QUESTIONS OR TO SCHEDULE 541.245.0432**

# ABKING