

## Overview

For summer 2007, Gold's Gym is pleased to offer age-appropriate fitness and conditioning classes for children ages 8 thru 16. Several different programs are available based on age, goals, and fitness levels. Parents need to look no further than Gold's Gym Leesburg for keeping their kids and teens active and fit this summer, while maintaining their own exercise routines. The spacious facility, state of art equipment, and experienced staff provide a safe, fun, and productive environment for fitness novices, seasoned athletes, and all those in between.

## Staff

The programs have been designed and will be led by **Dave "Coach K" Kamienski**. He has spent the last 10 years teaching and coaching kids from Pre-K through High School in a number of different settings including Sunday School, substitute teaching, and youth sports. He is a NSPA Certified Personal Trainer, Loudoun Soccer Coach, and is pursuing continuing education in exercise physiology, athletic conditioning, and coaching.



Gold's Gym Leesburg

1043 Edward's Ferry Road

Leesburg, VA 20176

Phone: 703.669.9100

[www.goldsgym.com/leesburgva](http://www.goldsgym.com/leesburgva)

Gold's Gym  
Leesburg

## Summer Youth Fitness Programs



**Dave "Coach K" Kamienski**

Certified Personal Trainer (NSPA)

703.209.3568

# Gold Rush

This general fitness group program provides comprehensive exercise routines targeting all fitness areas and is delivered in a fun and energetic setting. Level **101** can accommodate up to 12 students aged 8-13. Level **102** is for small groups up to 4 students aged 11-16 and will utilize the circuit training equipment.

### Goals:

- Improve basic locomotor and non-locomotor skills
- Improve Presidential Physical Fitness test results
- Safe introduction to strength training
- Physical activity to replace team sports or other program
- Potential weight-loss & energy increase



**Dates:** Aug 6–Aug 31

- Level **101** Option A: M W F @ 12:00
- Level **101** Option B: Tu Th @ 12:00
- Level **102** Option A: M W F @ 1:00
- Level **102** Option B: Tu Th @ 1:00

**Cost:** \$125 M W F Option  
\$100 Tu Th Option

# Go For The Gold

This athletic conditioning group program for up to 12 students covers running form, agility, quickness, cardio development, core strength, and flexibility for injury prevention. Level **201** is for students aged 8-13. Level **202** is for students aged 14-16.

### Goals:

- Prep for Varsity or JV team tryouts
- Off-season and pre-season athletic conditioning
- Physical activity to replace team sports or other program
- Potential weight-loss & energy increase



**Dates:** Aug 6–Aug 31

- Level **201**: Tu Th @ 2:00
- Level **202**: Tu Th @ 3:00

**Cost:** \$125

### Additional Details for All Programs

- Additional classes at alternative times can be scheduled based on interest - contact Coach K for options
- A \$25 limited club membership is required in addition to the cost of individual program
- All classes are 1 hour

# Solid Gold

This program provides advanced strength training for up to 4 students using a variety of resistance training methods. Instruction is focused on proper form & technique, safely applying progressive overload, and creating time-efficient work-outs. Level **301** is for students aged 10-13. Level **302** is for students aged 14-16.

### Goals:

- Safe introduction to strength training
- Prep for Varsity or JV team tryouts
- Off-season and pre-season athletic conditioning
- Enable student-athlete to develop and maintain more effective workouts



**Dates:** Aug 6–Aug 31

- Level **301**: M W @ 2:00, 3:00, or 4:00
- Level **302**: M W F @ 2:00, 3:00, or 4:00

**Cost:** \$125 Level 301  
\$150 Level 302