

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

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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: Jun 18–29 (M W F only)

July 9–Aug 3 (M W F or T Th option)

Aug 6–Aug 31 (M W F or T Th option)

Cost: \$75 June Session
\$100 T Th Session
\$125 M W F Session

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: July 9–Aug 3 (T Th)

Aug 6–Aug 31 (T Th)

Cost: \$125

- See front desk for **master schedule** with exact times for classes
- **All** Summer Youth Fitness Programs require a special reduced-rate membership plan
- 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 11-13. 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: July 9–Aug 3

Aug 6–Aug 31

(Level 301 T Th; Level 302 M W F)

Cost: \$125 T Th Session
\$150 M W F Session