



GEN Z

STAFFORD HILLS CLUB

Ages 10-14

Monthly Group Sessions	\$65
Private Training	\$140
Private Buddy Training	\$99/Child
Private Make up Session	\$25

CARDIOVASCULAR EXERCISE
MUSCLE EDUCATION & STRENGTH TRAINING
STRENGTH TRAINING & NUTRITION
CLUB ETIQUETTE & SKILLS TESTING

**After Completion GEN-Z Certified Kids are able to attend Group Fitness Classes,
Utilize the Fitness Floor and be present at the club without a parent!**