



no video games or big-screen tvs. →

just big fun

Welcome to the “Completely Active” Training Zone, also known as CATZ Kids Fitness. It’s where kids up to age 12 learn to overcome electronic game dependency and couch potato-itis, along with the value of being active and healthy. We tailor our fitness programs to get the results you and your child want in a safe, motivating, fun environment. Young people who participate can expect:

- Improved physical fitness
- Enhanced athleticism
- Greater confidence on the playground
- Improved coordination
- Lots of healthy activity in a non-threatening environment

- Improved speed & agility
- To put the FUN back into play
- Improved self-discipline

Kids learn how to hop, skip, sprint and backpedal. They learn how to compete with increased self-confidence and a sense of always being included. The coaches and certified strength and conditioning specialists at CATZ have inspired many young people to embark on a lifetime of fitness and good health. There’s an excellent chance we can help your child, too.

Call us and take advantage of the most complete, most experienced and most effective youth fitness programs available anywhere in America.

**“In sports you may be the one who allowed the goal or who missed catching the fly ball. But at CATZ the only goal is to have fun. Suddenly you realize you’ve accomplished 20 push-ups or some other physical feat you didn’t know you could do.”**

**– MD, mom of 10-year-old, Pasadena, CA**

