

## XRZone Youth Programs:

Northfield's XRZone offers weekly programs designed to combine health, fitness and fun! There is a health crisis in Canada, especially among our youth aged 8 - 17. Fatty foods and inactive lifestyles are contributing to obesity, and it is difficult to find a workout that doesn't get boring quickly. XRZone is a perfect solution! By bringing gamers into an environment where a workout can be fun, even competitive, the XRZone system is helping to bridge the gap. Check out our weekly programs:

### WOW = Workout-On-Wednesdays

Thrills followed by drills for youth aged 7-12. The XRZone workout is like no other—each week the focus changes and the challenges are endless. Attempt an XRZone challenge, then challenge your fitness level—push yourself to the limit to see how many points you can earn in one hour. The WOW program runs every **Wednesday** from **4:30-5:30pm**. Register for an entire month or drop-in for the challenge.

### Ignite!

Kids ages 9-14 are getting fired up about fitness at the XRZone. Program designed by a certified personal trainer, IGNITE! combines fitness, sports movements and games to help improve athletic performance. The exercises and activities focus on agility, coordination, endurance, balance, speed, power, and strength with three goals:

1. Encourage your child to move;
2. Educate and coach your child how to move more efficiently with proper technique;
3. Help your child find enjoyment through fun physical activity.

The Ignite! program runs every **Thursday** from **5:30-6:30pm**. Register for every Thursday of the month or drop-in.

### Family Fusion on Fridays

A fun-filled family night out that beats any movie or video game and will bring your family closer together. An interactive gaming experience! Have fun, compete against other families and win prizes. Structured competitions and open play.

### 2G2BT Saturdays

Each Saturday offers a challenging game that will get you off the phone and onto your feet! The 2G2BT program is designed to promote long-term activity in youth but the focus is on being FUN, being with FRIENDS, and playing GAMES to earn points for reward, recognition and prizes. The 2G2BT program runs every Saturday from 10:00-11:00am. Register for every Saturday of the month or just drop-in.

#### Program Fees: \*includes hst

Monthly - \$8\* per session

Drop-in - \$10\* per session

Northfield's XRZONE