

AGX KIDS TRAINING

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Our program is designed to enhance sports performance and help prevent sports injuries for your kids.

This program is scalable for any age or experience level and accounts for that difference in maturity and physical levels we find in a class full of kids.

AGX KIDS TRAINING pairs fitness with fun which is important in promoting a lifetime of fitness.



\$60 per month



Ages 7-13

Monday/Wednesday 6:30pm - 7:30pm

3270 Electric Rd., Roanoke, VA 24018

(540) 527-4653