

ABK INC.



Athletic
Edge24



AMERICA'S BEST KIDS
1914 SKY PARK DR
541.245.0432 EXT 1



ABKFUN.COM

FITNESS & LEARNING MEDFORD, OREGON

COURT HOUSE FAMILY FITNESS
709 N PHOENIX RD
541.245.0432 EXT 2

ATHLETIC EDGE
1904 SKY PARK DR
541.245.0432 EXT 5

ABK, INC. FACILITIES & PROGRAMS



FITNESS & LEARNING! THERE'S SOMETHING FOR EVERYONE, FROM FITNESS FACILITIES TO PRESCHOOL AND MORE!



AMERICA'S BEST KIDS

- 15,000 Sq Ft Facility
- Gymnastics
- Karate
- Swim
- Dance
- After School Care
- Preschool
- Day Camps
- Summer Camps
- Open Gym & Open Swim
- Clinics & more!

ATHLETIC EDGE

- 11,000 Sq Ft Facility
- Turf Area
- Cardio
- Free Weights
- Infinity Rig
- Cable Resistance Equipment
- Personal Training
- Martial Arts Rig
- Showers & Lockers
- Supplements
- Free WiFi & more!

COURT HOUSE FAMILY FITNESS

- 55,000 Sq Ft Facility
- Sport Courts & Turf
- Cardio
- Free Weights
- Infinity Rig
- Cable Resistance Equipment
- Personal Training
- Group Fitness Classes
- Scholastic Sports
- Locker Rooms with Showers
- Supplements & Free WiFi



Physical fitness and overall well-being have never been more important. We understand our role in this way and work daily to provide a safe & clean environment for Rogue Valley families to enjoy!

Questions? Call or email us any time!
541.245.0432 or customerservice@abkfun.com.

ABK, INC.

THE FAMILY THAT WORKS OUT TOGETHER STAYS HEALTHY TOGETHER.

Exercising regularly is the single most important thing you can do for both your physical and mental health. Making fitness a regular shared part of the family life is the best way to pass fitness down through generations. We can help you get started!

- FITNESS MEMBERSHIPS
- SPORTS CLASSES
- PRIVATE LESSONS
- ENRICHMENT & LEARNING
- & MORE!

FITNESS & LEARNING

MOVE YOUR BODY. LEARN. FEEL SUPER.



ABKFUN.COM

ABKFUN.COM

ABK is where we spent a great deal of time in our children's early years. All 4 took gymnastics. The benefits of the physical exercise, team building, & mental drive have proven to be vital in their transition into young adulthood. We work out at the Court House & not only enjoy exercising together, but we feel the benefits both physically & mentally are life-changing! We love the family atmosphere, cleanliness, & professionalism. It's a no-judgement zone where we feel comfortable spending time & look forward to each & every workout! We are so happy to have access to such an amazing facility! We would highly recommend ABK/Athletic Edge/Court House to anyone looking for a fun, safe family fitness center.

-Randy and Karla Rothfus, owners,
Rothfus Dental and Guzzle Buddy

PROGRAM	AGE
Gymnastics	Walking- Adult
Swimming	3 Months- 12 Years
Karate	4 Years- Adult
Dance	1 Year- 17 Years
Basketball	4 Years- 17 Years
SAQ	4 Years- 17 Years
Preschool/ Jr Kindergarten	3 Years (potty-trained)- 5 Years
Afterschool Care	5 Years- 12 Years
Fitness/ Training	7 Years- Adult

ABK GYMNASTICS

Gymnastics is the foundation for all sports & fitness. ABK offers the best quality gymnastics training classes for all children- preschoolers, beginners & advanced! The gymnastics program offers options for classes, private lessons, camps, clinics, & more! Enroll one child in a second or third weekly gymnastics class for a discount!

PRESCHOOL



AGES WALKING- 6.5 YRS

Tumble Weeds \$63

- Parent Participation

- Walking - 3 yrs

Tumble Tots \$68

- 3- 4.5 yrs

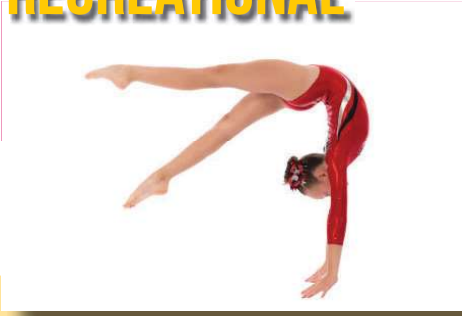
Gym Kids \$68

- 4.5- 6 yrs

Boys Gym Kids \$68

- 4.5- 6.5 yrs

RECREATIONAL



AGES 6 YRS & OLDER

Girls Recreational Gymnastics

- Beginner & Intermediate \$76
- Advanced \$107

Boys Gym & Freestyle Acro \$76

- Beginner, Intermediate & Advanced

Tumbling Teen \$76

- Beginner, Intermediate & Advanced

TEAM



AGES 4.5 YRS & OLDER

Super Kids

- Ages 5- 7 yrs

Pre-Team

- Ages 7- 9 yrs

Xcel

- Ages 7 yrs & older

Developmental: Compulsory & Optional

- Ages 7 yrs & older

Preschol Gymnastics takes children through various locomotor activities, using skill-specific & age-appropriate equipment such as beams, tunnels, vaults, trampolines, rings, bars, & fun-inspiring gymnastics stations.

Girls Recreational Gymnastics offers skill progressions in tumbling, trampoline, beam, bars, & vault, with opportunities to showcase routines throughout the year! Recreational vault, beam, bars, & floor routines available to view at abkfun.com/routines/!

Boys Gym and Freestyle Acro offers cross-training that applies to other sports, such as basic acro training for skateboarding, snowboarding, free running, martial arts, & other endurance sports.

Tumbling develops tumbling skills using trampolines, spring boards, & other equipment. Classes are coed.

Girls Team Gymnastics offers the best quality training for the competitive gymnast in a healthy & fun environment. ABK offers an airbag, trampolines, & top-quality gymnastics equipment- the very best for our athletes! Positive reinforcement from our knowledgeable coaches make the ABK experience a special one. A healthy approach to competition teaches our young athletes important life lessons through sport.

CLASSES

Prices shown are monthly costs for one class per week. Ask about the multi-gym class discounts!

Annual registration fee \$30 per child or \$60 per family.

*check with staff for team fees

REGISTER AT ABKFUN.COM!

"We have been so pleased with the karate & gymnastics programs at ABK. The coaches are caring, encouraging & have helped all three of our children grow within their respective programs. We moved gyms previously & have been very pleased to see the progress & environment that ABK creates in the sport of gymnastics. We feel confident that our children are being well taken care of, loved & encouraged to grow at ABK. ABK has enhanced our daughters' love of the sport & encouraged them to their best." -Grace Aspinwall, Aspinwall Collective

ABK KARATE

AGES 4 YEARS TO ADULT

START WITH A KARATE INTRO \$19.95

MEET WITH AN INSTRUCTOR FOR 2 LESSONS AND RECEIVE A KARATE UNIFORM AND WHITE BELT!

SCHEDULE YOUR INTRO AT ABKFUN.COM/KARATE

"We have been a part of "Team ABK" for 5 years & love it! Our kids have participated in gymnastics, dance, swim, karate, summer camps, Halloween parties, birthday parties & open gym. They always walk away with smiles on their faces, not wanting to leave. We are especially appreciative of the Karate Program & what it has done for our son. He has had a lot of obstacles that could have negatively impacted him, but with amazing instructors like Master O & Instructor Fogarty, our son's confidence in himself & respect for others far exceeds our expectations. Thankful for y'all!"

-Julie Zupan, Windermere/Van Vleet and Associates, Inc.

"The karate program for the last 4 years has been simply amazing. The influence & support from Master O'Connor and Mr. Fogarty, as well as previous instructors, have made this experience wonderful for our family. Thank you for all you have done & continue to do for those kids!" -Sarah Casey, Kids Clinic



ABK's Karate program is designed for all ages! Men, women & children of all ages participate in America's Best Karate program. Each student, regardless of age, progresses at their own rate. Emphasis is placed on the individual's abilities. Students as young as 4 and as old as 70 have discovered the rewards of the ABK Karate program, which helps students discover & develop self-discipline, confidence & self-esteem. The core of the ABK pro-

gram, Tae Kwon Do, is one of the most effective means of self-defense and works wonders for physical and mental well-being. Coordination sharpens, reflexes quicken, breathing becomes controlled, muscle tone improves, & overall strength & endurance increase dramatically. Students also have the opportunity to train using a variety of Japanese weapons! Classes, camps, seminars & private lessons available!



QUESTIONS? CALL 541.245.0432 OR EMAIL CUSTOMERSERVICE@ABKFUN.COM

ABK SWIM



**CLASSES, CAMPS, & PRIVATE LESSONS!
AGES 3 MONTHS AND UP!**

Swimming is one of life's necessary skills. ABK offers the best quality swim instruction for children from beginner to advanced levels! The ABK pool boasts a state-of-the-art saline filtration system, and the warm 90 degree water allows children to focus comfortably on swimming. With a low student-to-teacher class ratio, ABK offers a safe and positive learning environment. Ask about our multi-swim class discounts!



NEW STUDENT 30- MINUTE PRIVATE EVALUATION: INDIVIDUAL \$40/ 2 SIBLINGS \$75/ 3 SIBLINGS \$100

1

IF YOUR CHILD IS A BEGINNING LEVEL SWIMMER

Please register online for a Minnow or level 1 Dolphin or Shark class, based on ages listed below. If your child may be hesitant of the water initially, you may wish to schedule a one-on-one Prime Time Pool Private lesson, so your child can be introduced to the pool and an instructor. Private Evaluations are \$40 for a half hour for one child.

2

IF YOUR CHILD IS NOT A BEGINNING SWIMMER

Please register online for one 30-minute private evaluation, so your child can be evaluated by an instructor to determine if a level 2 or higher class is the best option for the student. Private Evaluations are \$40 for a half hour for one child.

Minnow and Me classes allow our youngest students to learn to become comfortable & safe in the water, with a parent or adult guardian participant to lend security. Minnows learn to enter the water, submerge, glide, roll over, & float assisted/ unassisted.

Dolphin classes do not require parent participation, but a parent is required to remain on deck during class. Dolphins learn comfort, submersion, gliding, rolling over, floating assisted and unassisted, asking permission before entering the pool, & familiarity with a life jacket or personal floatation device.

Shark classes incorporate additional skills, including swimming strokes, bilateral breathing, treading water, diving, flip turns, building endurance & more water safety skills. **Advanced Aquatics** swimmers learn proper form, advanced treading & diving, endurance, strength training & advanced water safety skills.

"I am so grateful for ABK! Their team is so wonderful. Having the peace of mind that my children are in a safe, clean place is priceless, but they also do genuinely care about the development of my children. My youngest is currently enrolled in swim & preschool & is thriving in both. He was very hesitant about swim, but the swim coaches were amazing- so kind, understanding, & knowledgeable that my son can't wait to go every week now. I can't just name one person so, thank you, ABK Staff!" -Allie Jensen

CLASSES REGISTER ONLINE AT ABKFUN.COM/SWIM!



MINNOW & ME PARENT PARTICIPATION CLASS \$63
• AGES 3 MOS- 3 YRS



DOLPHIN 1 & 2 CLASSES \$65
• AGES 3- 5 YRS



SHARK 1, 2, 3 & 4 CLASSES \$65
• AGES 5- 15 YRS

Prices shown are monthly costs for one class per week. Annual registration fee \$30 per child or \$60 per family.

ABK DANCE

Register at
abkfun.com



**CLASSES, PRIVATE LESSONS, CAMPS, CLINICS, DANCE TEAM, & RECITALS!
ABK DANCE HAS IT ALL! AGES WALKING - TEEN! ASK ABOUT MULTI-CLASS DISCOUNTS!**

ABK dance classes encourage growth in physical coordination, self-esteem, discipline & motivation. Students enrolled in our program will progress at their own pace, whether it be through the basic techniques of ballet, the rhythm & unique stylization of jazz, or upbeat variations

of old & new hip hop dance moves. Our goal as a dance program is to help each student set & achieve their own goals, teach students awareness of their bodies in motion & to help them achieve self-confidence. ABK Dance offers classes, camps, clinics, unlimited options, competitive team dance & recitals!



CREATIVE MOVEMENT

- AGES 3-5 YRS

BALLET

- AGES 6- 8 YRS, PRE-BALLET
- AGES 9-18 YRS, BALLET 1 & 2



HIP HOP MINI, 1 & 2

- AGES 3-8 YRS- MINI
- AGES 9-18 YRS- HH 1
- AGES 9-18 YRS- HH2



OTHER

- JAZZ ACRO AGES 9-18 YRS
- LYRICAL DANCE 9-18 YRS
- MUSICAL THEATER 9-18 YRS
- PRE-POM DANCE 6-8 YRS
- POM 1 AGES 9-18 YRS

DANCE CLASSES RUN IN SESSIONS. TEAM IS A YEAR-LONG COMMITMENT.** PAID IN FULL OR MONTHLY PAYMENTS.**

"My children are treated as valued members of ABK. All of the coaches and staff know them & greet them by name. They feel like they belong. The coaches are very nice & helpful- this is a great place! We are lucky to have such a wonderful facility & group of people available for our children." -Kendall Ferguson



DANCE TEAM- FULL YEAR

- AGES 6 YRS AND UP
- CONTACT FOR PRICING



SESSIONS & TEAM

- NO CANCELLATION AFTER 3 DAYS**



Additional fees for costumes & recitals. Team fees include additional assessments. Call 541.245.0432 or email us at customerservice@abkfun.com for more info and for team pricing! Or visit abkfun.com/dance!

REGISTER AT ABKFUN.COM

PRESCHOOL & JR KINDERGARTEN, AFTER SCHOOL CARE, DAY CAMPS, & SUMMER CARE CAMPS

ABKENRICHMENT

AM OR PM PRESCHOOL & JUNIOR KINDERGARTEN

ABK Preschool & Jr. K is designed as a Kindergarten readiness program. Your child will be given unique opportunities to begin their early education experience. We work cohesively to fit each student's needs to ensure preparation for their next step. Our teachers have a mid & end of year conference with families to assess how each child is progressing toward their goals.

We offer two class sessions. Morning operates from 8:30 am-11:30 pm and afternoon from 12:00 pm-3:00 pm. Student must be fully potty-trained. Summer preschool also offered!

Tuition: Based on 9 payments from September to May. No monthly tuition is charged in June (except for mid-year January or later starts), although the program includes all school days in that month. Tuition does not include holidays, Christmas, Thanksgiving, or Spring Break vacations per the Medford 549C school district calendar. Camps are available in most instances. Prorated tuition is charged for mid-year starts. **Materials Fee/ Non-Refundable Deposit: \$100/student. Annual registration fee of \$30 /student or \$60/ family.

Monthly Tuition Rates- choose either AM or PM: 3 Days \$325/ 4 Days \$385/ 5 Days \$460

NOW WITH 2 GREAT LOCATIONS! CHOOSE FROM ABK @1914 SKY PARK DRIVE OR COURT HOUSE FAMILY FITNESS @709 NORTH PHOENIX RD!

Daily Schedule: AM

- 8:30-9:15 Recess & gross motor development
- 9:15-9:30 Transition to shoes & handwashing
- 9:30-10:00 Snack
- 10:00-10:30 Carpet, singing, & reading time
- 10:30-11:00 Stations & curriculum activities
- 11:00-11:30 Free time, stories & goodbyes



ABK & CHFF

Daily Schedule: PM

- 12:00-12:45 Recess & gross motor development
- 12:45-1:00 Transition to shoes & handwashing
- 1:00-1:30 Snack
- 1:30-2:00 Carpet, singing, and reading time
- 2:00-2:30 Stations & curriculum activities
- 2:30-3:00 Free time, stories & goodbyes

NOW TWO MEDFORD LOCATIONS
CHOOSE BETWEEN ABK OR COURT HOUSE FAMILY FITNESS!

AFTER SCHOOL CARE



PHYSICAL EXERCISE

SNACKS PROVIDED



COMPUTER ACCESS

HOMEWORK HELP



ABK's After School Care program is designed to ensure children get the academic help needed to complete their homework and the physical activity needed for growing, with time to play on the gym floor, on the playground, or in the upstairs game room.

Tuition: Based on 9 payments from September to May. No monthly tuition is charged in June (except for mid-year, January or later starts), but the program includes all school days in that month. Tuition does not include holidays, Christmas, Thanksgiving, or Spring Break vacations per the Medford 549C school district calendar. Camps are available in most instances. Prorated tuition is charged for mid-year starts.

Materials Fee/ Non-Refundable Deposit:

\$100/ student. Annual registration fee \$30/ student or \$60/ family.

*Monthly Tuition Rates for 2022/23 School Year: 3

Days \$325/ 4 Days \$340/ 5 Days \$400

Early Release: Included in tuition if it is a regularly scheduled day for your child.

Transportation: \$60 monthly. Provided to ABK

from Abraham Lincoln, Hoover, and Lone Pine Elementary Schools. *No fee for Kennedy students as they are dropped off by the school bus in front of ABK.

Daily ASC Schedule (sample):

2:45-3:00	Transportation
3:00-3:15	Check in at ABK
3:15-3:45	Recess
3:45-4:00	Snack
4:00-4:45	Homework assistance
4:45-5:45	Daily activity, stations, free play
5:45-6:00	Clean up and goodbyes



CHECK OUT OUR SUMMER CAMP BROCHURE FOR CARE CAMPS AND SPORTS CAMPS! QUESTIONS? EMAIL CUSTOMERSERVICE@ABKFUN.COM OR CALL 541.245.0432 X1.



WHAT PARENTS HAVE TO SAY

"We adore the preschool teachers at ABK! Mrs. Rhiannon & Mr. Jordan, & all the other wonderful preschool teachers have been so amazing. My two kids look forward to preschool everyday, have so much fun, feel so cared for & are learning so much! We are so thankful to have ABK as our preschool. It really is the best!" -Mary Parton

"My daughter has been attending ABK in one form or another for about 4 years now. ABK has helped her build strength, confidence & blossom into the awesome young lady she has become. Jordan & the rest of the staff at ABK know her well & treat her like family. I couldn't have asked for more." -Carla Selby

"My daughter quickly developed verbal & social skills, had more confidence in herself, & was able to identify some of her feelings. I saw a huge difference at home with her overall development. I couldn't praise the teachers enough for how they interact with & support the kids as they grow and develop new skills. They are friendly with all the kids even outside of classes." -Nicole Beall

TAKE A TOUR OF THE FACILITY OR SCHEDULE A MEET-N-GREET

@ABKFUN.COM /AFTER-SCHOOL OR @ABKFUN.COM/PRESCHOOL

ABK INC
FITNESS & LEARNING

COURT HOUSE FAMILY FITNESS

FITNESS AND LEARNING FOR EVERY ONE. FOR EVERY FAMILY



Court House Family Fitness is southern Oregon's premier family fitness center. From fitness classes to courts to the hot tubs and cafe, the Court House has everything you need and then some!

PROGRAMS, EQUIPMENT & AMENITIES*

1. CARDIO & STRENGTH EQUIPMENT
2. SPORT COURTS & TURF
3. INFIINTY RIG, BOUNCE PLATES & FREE WEIGHTS
4. FREE GROUP FITNESS CLASSES
5. COURT YARD OUTDOOR WORKOUT AREA
6. SAUNA & HOT TUBS IN LOCKER ROOMS
7. SPORTS CAFE & PUB
8. KIDS CAVE CHILD CARE
9. SCHOLASTIC SPORTS TRAINING
10. PERSONAL TRAINING FOR YOUTH & ADULTS
11. SPORT COURT & TURF RENTALS
12. BASKETBALL & SOCCER CLASSES
13. PARTIES, MEETINGS & TEAM-BUILDING
14. 10K BASKETBALL SHOOTING GUN RENTAL
15. SUMMER SPORTS CAMPS
16. PRO SHOP & SUPPLEMENTS
17. FIT3D SCANNER



* Additional fees and/or restrictions may apply. Pricing, amenities and offerings subject to change. Pricing listed is autopay pricing.

"I LOVE THE COURT HOUSE TOO FOR A LITTLE ME TIME!" -ALLIE JENSEN
FOR MORE INFO OR TO JOIN, VISIT CHFIT.COM OR CALL 541.245.0432 EXT 2! FREE TOURS AVAILABLE!

DUAL-CLUB MEMBERSHIP STARTING AT \$38 MONTHLY

MONTHLY PRICING WITH AUTOPAY

- INDIVIDUAL: \$38
- COUPLE (2): \$65
- FAMILY (3 or 4): \$88
- 5TH MEMBER AND ON: \$10

DUE AT SIGN-UP

- \$10 KEY FOB PER MEMBER
- CURRENT MONTH PRORATE
- FINAL MONTH DUES DEPOSIT

DETAILS

- INCLUDES ACCESS TO ATHLETIC EDGE
- MEMBER ACCESS BEGINS AT 4 AM DAILY
- MEMBERSHIP OPTIONS BEGIN AT AGE 7
- WRITTEN FULL CALENDAR MONTH NOTICE TO CANCEL

GUESTS

- ONLY DURING STAFFED HOURS
- MUST CHECK IN AT THE FRONT DESK
- \$10 WITH SIGNED WAIVER



THE GUN 10K BASKETBALL SHOOTING MACHINE

Practice makes consistent!
Court House members \$20/mo or \$5/ 25-min session. Non members \$35/mo or \$10/ 25-min session. Discount for addl family members.

Group Fitness Classes Ages 14 Years and Up

- Free for Court House members
- \$10 preregistered guests
- Reservations required
- chfit.com/classes
- GymMaster app for iOS or Android

- Analytics track shots & report statistics in real time
- Shoot-A-Way App for coach or player
- Pre-programmed & programmable shooting drills
- Spot to spot shooting & arch increase
- Timing device & shooting accuracy
- Countdown lights & Fast-action shooting
- Fire up to 1800 shots per hour
- Full perimeter shooting & consistent passes



COURT HOUSE

+4 MORE YEARS

THE AVERAGE AMOUNT OF TIME ADDED TO A LIFE, WHEN INCORPORATING REGULAR EXERCISE AND HEALTHY EATING HABITS, ACCORDING TO MULTIPLE STUDIES

ABK INC

ATHLETIC **EDGE** GYM



THIS IS YOUR WORKOUT
THIS IS YOUR GYM
THIS IS YOUR LIFE

\$20 MONTH

PROGRAMS, EQUIPMENT & AMENITIES*

1. CARDIO EQUIPMENT
2. CABLE RESISTANCE STRENGTH EQUIPMENT
3. HAMMER STRENGTH EQUIPMENT
4. TURF
5. INFINITY RIG
6. BOUNCE PLATES & FREE WEIGHTS
7. OLYMPIC LIFTING PLATFORMS
8. MARTIAL ARTS RIG
9. PERSONAL TRAINING FOR YOUTH & ADULTS
10. PRIVATE SHOWERS
11. DAY-USE LOCKERS
12. FREE WIFI
13. PRO SHOP & SUPPLEMENTS

*ADDITIONAL FEES AND/OR RESTRICTIONS MAY APPLY. PRICING, AMENITIES AND OFFERING SUBJECT TO CHANGE. PRICING LISTED IS AUTO PAY PRICING.



MONTHLY PRICING

- INDIVIDUAL: \$20
- COUPLE (2): \$40
- FAMILY (3 or 4): \$60
- 5TH MEMBER AND ON: \$10

DUE AT SIGN-UP:

- \$10 KEY FOB PER MEMBER
- CURRENT MONTH PRORATE

MEMBERSHIP OPTIONS BEGIN AT AGE 10

24 HOUR ACCESS FOR AGES 16 AND UP

FULL CALENDAR MONTH NOTICE IN WRITING TO CANCEL AT CHFIT.COM/CONTACT



GUEST PASS \$10 WITH SIGNED WAIVER
GUESTS ONLY DURING STAFFED HOURS



JOIN **TODAY**

FREE TOURS AVAILABLE! CALL 541.245.0432 EXT 5!

Athletic Edge is southern Oregon's most affordable premier sport performance facility with 24-hour member access. No long-term contracts- we don't need them and neither do you. Individual memberships are only \$20 monthly. We even created an online form to make it easy to cancel. We want you to want to be here. That's all the motivation we need. Free first-time guest pass available during staffed hours, with a signed waiver. Try us out! We know you'll want to stay!

"The Athletic Edge community is honestly just incredible. You get to know other members & the office staff- I feel like you almost gain sort of a 'tribe' & it's really cool! I really enjoy the facility- with the different machines, free weights & the turf, you have a ton of freedom as far as workout style & that's great! I regularly switch up what I do & that's easy to do at AE!" -Nicole Taylor

Athletic Edge 24

24 Hours a Day
365 Days a Year

You don't stop, so neither do we. Join today!



ATHLETIC EDGE



ABK INC

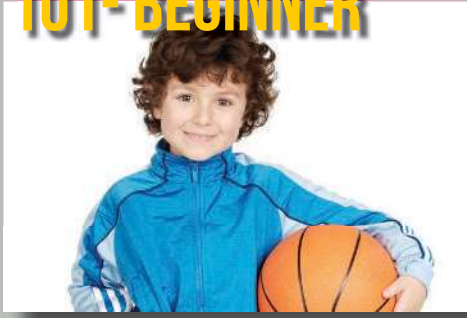
chfit.com

BASKETBALL & SAQ



The Court House Basketball and Soccer Skills Academies sessions classes teach a strong skills foundation that will take students from fun kinder ball through their demanding high school tryouts! The academies will develop the whole player to excel in each aspect of the game, while learning a love of the sport, individual hard work and teamwork, too! Choose your sport or enroll in both programs! To register visit chfit.com/youth!

101- BEGINNER



AGES 4-7 Years
1x week \$100 for 8-week session
2x week \$150 for 8-week session

102- INTERMEDIATE



AGES 6-10 Years
1x week \$100 for 8-week session
2x week \$150 for 8-week session

201- ADVANCED



AGES 9-12 Years
1x week \$120 for 8-week session
2x week \$170 for 8-week session

ATHLETE TRAINING AT CHFIT.COM/ATHLETE

CHECK BACK FOR SOCCER UPDATES!



SAQ & VERT:
SPEED, AGILITY, & QUICKNESS
& VERTICAL TRAINING
VIEW & REGISTER AT
CHFIT.COM/ATHLETE!



CLASSES
CAMPS
CLINICS
PARTIES
RENTALS
PRIVATE LESSONS



Sessions, camps, and clinics offer skill progressions in a fun, encouraging group environment.
Private Lessons offer individualized training casually or in an on-going schedule. See our training page!
Court and Turf Rentals are available for groups or individuals during non-prime time.
Parties are available for teams and birthdays- or any other reason to celebrate or bond- for basketball, soccer or volleyball! Corporate parties, meeting space or team-buiding options, too!

ABK is a powerful source of confidence building for our children. From swimming to karate to soccer, their experience was exceptional. The instructors are attentive, knowledgeable, compassionate, inclusive & engaging. The culture at ABK encourages self-discipline & learning without sacrificing joy & connection. As a parent, I value their holistic approach to child development & the cultivation of both skill & spirit. -Rebecca Williams, Sofalosophy

ABK INC

COMMUNITY PARTNERS

Several community businesses are located inside Court House Family Fitness. Check them out at 709 North Phoenix Road in Medford! If you are interested in advertising with ABK, Athletic Edge or the Court House, please email customerservice@abkfun.com! Options for print, online, e-mail or in-facility marketing!

Refresh Recharge Revitalize



Muscles feeling sore, achy, or fatigued? Looking to dial your training up even more? We can help you speed up your recovery time with Compression garments for legs, arms and hips/glutes, and Vibration and Localized Cryotherapy applications. Body maintenance is a VITAL PART of training and staying healthy. Stop by today to Refresh, Recharge, and Revitalize your body at R3 Recovery Lounge!

www.R3recovery.com
Phone 541-841-4218

PARTNERS

* SPORTS REHAB
* ORTHOPEDIC INJURIES
* POST-OP CARE

MOST INSURANCE ACCEPTED

CALL TO SCHEDULE
(541) 630-3055

VISIT US AT
WWW.JC-PT.COM



JACKSON COUNTY PHYSICAL THERAPY
100 BEST COMPANIES

PARTNERS



PARTNERS

Pacific MASSAGE & BODYWORK

CHANGE THE WAY YOU FEEL!
To schedule, call or text 541.414.3395 or visit us at www.pacmassage.com.

- Swedish
- Sport
- Myofascial Release (MFR)
- Pre/Post-Pregnancy
- Trigger points
- Geriatric
- Infant
- Deep Tissue
- Cupping
- Trigger points
- Essential Oil Aromas
- CBD Topicals

At Pacific Massage & Bodywork, our goal is to give each client an enriched experience valuable to their journey, because quality should never be a compromise. We are committed to helping you feel great & maintain your health, both physically & spiritually. You deserve it! We provide a variety of modalities. Contact us today!



PARTNERS

PERSONAL FITNESS TRAINING




Court House Family Fitness & Athletic Edge



Working with a personal trainer will make you fitter & stronger, & increases your lean body mass more effectively than working out on your own. Personal training is offered for individuals or small groups. Member & non-member pricing listed below. See bottom table for scholastic sports training. Check with a staff member to schedule!

*PRICING IS TOTAL PAID-IN-FULL GROUP PRICING FOR ALL PARTICIPANTS	SINGLE	2 PEOPLE	3 PEOPLE	4 PEOPLE
1 SESSION 30 MINUTES	\$30 MEMBER \$40 NONMEMBER	\$40 MEMBERS \$60 NONMEMBERS	 	
5 SESSIONS 30 MINUTES EACH 1 FREE FIT3D SCAN PER PERSON	\$140 MEMBER \$190 NONMEMBER	\$190 MEMBERS \$290 NONMEMBERS		
10 SESSIONS 30 MINUTES EACH 2 FREE FIT3D SCANS PER PERSON	\$260 MEMBER \$360 NONMEMBER	\$350 MEMBERS \$550 NONMEMBERS		
1 SESSION 60 MINUTES	\$50 MEMBER \$60 NONMEMBER	\$60 MEMBERS \$80 NONMEMBERS	\$70 MEMBERS \$100 NONMEMBERS	\$80 MEMBERS \$120 NONMEMBERS
5 SESSIONS 60 MINUTES EACH 1 FREE FIT3D SCAN PER PERSON	\$225 MEMBER \$275 NONMEMBER	\$275 MEMBERS \$375 NONMEMBERS	\$325 MEMBERS \$475 NONMEMBERS	\$375 MEMBERS \$575 NONMEMBERS
10 SESSIONS 60 MINUTES EACH 2 FREE FIT3D SCANS PER PERSON	\$400 MEMBER \$500 NONMEMBER	\$500 MEMBER \$700 NONMEMBER	\$650 MEMBER \$950 NONMEMBERS	\$700 MEMBER \$1100 NONMEMBERS

YOUTH PRIVATE LESSONS

Basketball Soccer Volleyball @ CHFF Nonmembers add \$10 per person	1 PERSON 	2 PEOPLE 	3 PEOPLE 
30 min session	\$24	\$20 per person	\$17 per person
60 min session	\$40	\$35 per person	\$30 per person





YOUTH PRIVATE LESSONS



ABKFUN.COM

America's Best Kids GYMNASTICS, SWIM, DANCE & KARATE

Private lessons are available for both currently-enrolled students seeking additional individualized training and also for those not currently enrolled who prefer one-on-one training over the class environment. ABK Annual Registration Fee is required for private lessons. \$30/student or \$60/family. No registration fee is required if student is currently engaged in an active karate contract.

<p>GYMNASTICS</p> <p>1 Student \$30 half hour/ \$60 hour</p> <p>2 Siblings \$55 half hour/ \$100 hour</p> 	<p>SWIM:</p> <p>30-min private lesson \$55 per lesson per student</p> <p>30-min semi-private ongoing lessons \$37.50 per lesson per student, charged monthly *normally 2 students & 4 lessons per month</p> 
<p>DANCE</p> <p>1 Student \$30 half hour/ \$60 hour</p> <p>1 UDC Student* \$25 half hour/ \$50 hour</p> <p>*Unlimited Dance Classes</p> 	<p>KARATE</p> <p>1 Student \$30 half hour</p> <p>1 BBC Student* \$25 half hour</p> <p>*Black Belt Club</p> 

FIT3D SCAN @ CHFF

Measure your success with a Fit3D total body assessment! Scan is completed alone in a private, dedicated scan room. \$20 per scan or 4 for \$75. Included in some Personal Training purchases.



- 35 second scan & 4 minute processing time
- Full body 3D image
- Weight & body composition
- Circumferences & contours
- Posture & balance analysis
- Pregnancy tracking & youth development
- Portal login and emailed results
- Compare latest scan to your previous scans

THE GUN 10K BASKETBALL SHOOTING MACHINE @ CHFF

Practice makes consistent!
Court House members \$20/mo or \$5/ 25-minute session. Non members \$35/mo. or \$10/ 25- minute session.
Discount for addl family members

- Analytics track shots & report statistics in real time
- Shoot-A-Way App for coach or player
- Pre-programmed & programmable shooting drills
- Spot to spot shooting & arch increase
- Timing device & shooting accuracy
- Countdown lights
- Fire up to 1800 shots per hour
- Fast action shooting
- Full perimeter shooting & consistent passes



CALL WITH QUESTIONS OR TO SCHEDULE 541.245.0432

ABK INC

ABKING SPECIAL EVENTS & OFFERINGS



America's Best Kids and Court House Family Fitness Special Events and Offerings are just what you need for a fun night, party, certification or meeting! Check out all the opportunities for fun & learning!



PRESCHOOL OPEN GYM

Ages walking to 5 years

Jump around! \$10 members, \$15 nonmembers. Parent required to stay on-site and within arm's reach. *Wednesdays at Noon! ***No Preschool Open Gym during the summer months.***

Register at [/abkfun.com/open-gym-swim](http://abkfun.com/open-gym-swim)

OPEN GYM (REC)

Ages 6 years- 17 years

So much fun at Open Gym! Drop by for an hour of fun and excitement at Open Gym! \$10 members, \$15 nonmembers. *Fridays at 7 pm! Register at [/abkfun.com/open-gym-swim](http://abkfun.com/open-gym-swim)



OPEN SWIM

Ages 2 months and up

Splash on in to Open Swim! Open swim also open to families! \$10 members, \$15 nonmembers

*Fridays at 7 pm!

Register at [/abkfun.com/open-gym-swim](http://abkfun.com/open-gym-swim)

PARTIES & FIELD TRIPS

Birthdays, sports team parties, class field trips- you bring the reason, and we'll bring the PAR-TAY! Parties offered: MEGA, swim, gymnastics, dance, karate, basketball, football and soccer.

Check out abkfun.com/parties

FIELD TRIPS- CONTACT US AT 541.245.0432!



VISIT ABKFUN.COM FOR MORE INFO AND TO REGISTER! Questions? Call 541.245.0432 or email us at customerservice@abkfun.com!

PARENTS NIGHT OUT

ABK offers a variety of PNOs throughout the year, including the always- sold-out valley favorite, the Halloween PNO! Fun, food & games for the kiddos while you get some time to yourself! Visit abkfun.com/parents-night-out



FACILITY & RESOURCE RENTALS

Need a court for your team, a room for a club meeting or space for a baby shower? Rentals available: court, turf, batting tunnel, & meeting room (see below). Food & drink available when the Court House Sports Cafe & Pub is reopened. Visit chfit.com/rentals for more information.



CERTIFICATIONS & TRAININGS

Infant & Adult CPR, First Aid & Lifeguard certification available through the Red Cross.

For more information, visit us at abkfun.com/certifications



LADIES NIGHT

Sometimes it's a little workout followed by shopping and drinks, and sometimes we just go straight to the shopping and drinks. Local vendors, a little 'Me' time, & refreshments from the Court House Sports Cafe and Pub! Check us out at abkfun.com/special-events



RENTALS, MEETINGS & TEAM-BUILDING

Need a space for a corporate or club meeting? The Court House Conference Room can house 30-40 people. 80 inch TV with full media access with multiple setups for training, seminars or public speaking. If you are looking for a team-building activity, shower or gender reveal we can offer the party option as well! For more information on options, visit chfit.com/rentals. Catering options available.



CAMPS, CLINICS, SEMINARS, PRIVATE LESSONS, MINI OLYMPICS, COMPETITIONS & RECITALS!

Not just classes- ABK and COURT HOUSE FAMILY FITNESS offer so much more! Visit us at abkfun.com and choose your program type for information on that program's option for camps, clinics, seminars, private lessons and more!



ABKING

MOVE YOUR BODY
LEARN
FEEL SUPER

1 America's Best Kids
EST 2001

2 Athletic Edge
EST 2011

3 Court House Family Fitness
EST 2018



ABKFUN.COM

"Since my daughter's first preschool gymnastics class, ABK has become one of those places that feels like a second home. Seven years of gymnastics and two black belts later, our whole family began taking karate classes together in the evenings, and it has been a great experience! We really appreciate the gymnastics coaches who encourage kids to try harder and get stronger while never losing the fun, and the karate instructors who can infuse a challenging workout with life lessons and humor. Our kids have gained many things from their ABK classes, including discipline, physical strength, and self-confidence. Thank you!" -Jodi Jansen



*All pricing subject to change

ABKFUN.COM

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