

# abk inc.

3 facilities with endless possibilities for fun, fitness & learning



📞 541.245.0432

[abkfun.com](http://abkfun.com) • [ehfit.com](http://ehfit.com)

**America's Best Kids**  
1914 Sky Park Dr  
Medford, OR

**Court House Fitness**  
709 N Phoenix Rd  
Medford, OR

**Athletic Edge**  
1904 Sky Park Dr  
Medford, OR



**Athletic Edge**

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*At America's Best Kids Sports and Learning Center our mission is to help all children become happy, healthy, confident and responsible individuals, in a safe, fun, positive and nurturing environment.*

# facilities & programs



**America's Best Kids:** 15,000 sq ft facility that offers numerous programs including gymnastics, karate, swim, afterschool care, preschool, camps, birthday parties, clinics, open gym, open swim & more!



**Court House Fitness:** 55,000 sq ft gym facility that offers three basketball courts, free weights, infinity rigs, cable resistance equipment, cardio, group fitness, child care, jacuzzi/sauna, boxing rig, a turf area, bar/cafe & more!



**Athletic Edge:** 11,000 sq ft gym facility that offers free weights, an infinity rig, deadlift platforms, cable resistance equipment, cardio, boxing rig, a turf area, showers & more!

facility information

## AMERICA'S BEST KIDS

- 📍 1914 SKY PARK DR, MEDFORD, OR
- ✉ CUSTOMERSERVICE@ABKFUN.COM
- ☎ (541) 245 - 0432 EXT. 1
- 🕒 MON-FRI: 10AM - 7PM  
SAT: 9AM - 12PM

## COURT HOUSE FITNESS

- 📍 709 N PHOENIX RD, MEDFORD, OR
- ✉ COURTHOUSE@ABKFUN.COM
- ☎ (541) 245 - 0432 EXT. 2
- 🕒 MON-FRI: 8AM - 10PM  
SAT: 9AM - 8PM  
SUN: 9AM - 6PM  
MEMBER ACCESS: 4AM DAILY

## ATHLETIC EDGE

- 📍 1904 SKY PARK DR, MEDFORD, OR
- ☎ (541) 245 - 0432 EXT. 5
- 🕒 MON-FRI: 9AM - 12PM / 1PM - 7PM  
SAT: 9AM - 12PM  
MEMBER ACCESS: 24/7/365

## programs & ages

Gymnastics	Walking - Teen
Swim	3 mos - 12 yrs
Karate	4 yrs - Adult
Preschool	<sup>*potty-trained</sup> 3 yrs - 5 yrs
Afterschool Care	5 yrs - 12 yrs
S.A.Q.	4 yrs - 17 yrs
Basketball	4 yrs - 17 yrs
Court House	7yrs - Adult
Athletic Edge	10 yrs - Adult

# gymnastics & ninja

## preschool

<b>TUMBLE WEEDS</b>	<b>\$69</b>
Walking - 3 years	
*parent participation	
<b>TUMBLE TOTS</b>	<b>\$74</b>
3 - 4.5 years	
<b>GIRLS GYM KIDS</b>	<b>\$74</b>
4.5 - 6 years	
<b>BOYS NINJA KIDS</b>	<b>\$74</b>
4.5 - 6.5 years	

## recreational

<b>GIRLS BEGINNER</b>	<b>\$82</b>
6 - 16 years	
<b>GIRLS INTERMEDIATE</b>	<b>\$82</b>
6 - 16 years	
<b>GIRLS ADVANCED</b>	<b>\$113</b>
6 - 16 years	
<b>NINJA NASTICS</b>	<b>\$82</b>
6 - 9 years	
<b>NINJA MASTERS</b>	<b>\$82</b>
9 - 13 years	

## team

**SUPER KIDS + PRE TEAM**  
**XCEL**  
**LEVELS 3 - 10**  
 \*Team ABK is invitational only

**PRIVATE LESSONS BY REQUEST**  
**\$40 FOR 30 MIN/\$80 FOR 60 MIN**

**ANNUAL REGISTRATION FEE REQUIRED**  
**\$30/STUDENT OR \$60/FAMILY. PRICING IS**  
**ONGOING MONTHLY UNTIL WRITTEN**  
**CANCELLATION NOTICE IS RECEIVED A FULL**  
**CALENDAR MONTH NOTICE IN ADVANCE.**

**PRESCHOOL GYMNASTICS** OFFERS A RANGE OF SPECIAL MOTOR SKILLS CLASSES WITH A CLEAR EMPHASIS ON THE JOY OF MOVEMENT. THE PRESCHOOL PROGRAM IS DESIGNED TO ENCOURAGE WHOLE BODY EXERCISE, INCLUDING DEVELOPMENT IN STRENGTH, FLEXIBILITY, & COORDINATION. CLASSES ARE 40 MINUTES IN DURATION, WHILE LEARNING TO SOCIALIZE WITH OTHER STUDENTS IN A SAFE & FUN ENVIRONMENT.

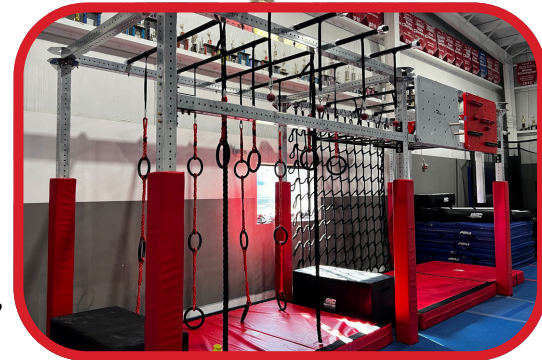
**RECREATIONAL GYMNASTICS** CLASSES OFFER 50 MINUTES OF SKILL PROGRESSIONS ON BARS, BEAM, FLOOR, & VAULT IN THE FORM OF ROUTINES WHICH ARE THEN SHOWCASED DURING MINI OLYMPICS SEVERAL TIMES A YEAR. EACH ATHLETE WILL LEARN QUALITY GYMNASTICS TRAINING & OBTAIN SKILLS THAT WILL BENEFIT THEIR OVERALL ATHLETICISM.

**NINJA** IS DESIGNED TO IMPROVE OVERALL ATHLETICISM, STRENGTH, BALANCE, & FLEXIBILITY FOR ALL CHILDREN. EACH CLASS PROVIDES A FUN & EXCITING LEARNING EXPERIENCE, COMBINING THE ART OF GYMNASTICS WITH THE AGILITY & STEALTH OF A NINJA.

**TEAM ABK** IS DEDICATED TO TEACHING HIGH QUALITY GYMNASTICS IN A FUN, SAFE, & HEALTHY ENVIRONMENT. OUR COACHES ARE HIGHLY TRAINED TO HELP YOUR KIDDOS ACHIEVE THEIR HIGHEST POTENTIAL & CREATE UNFORGETTABLE MEMORIES WITH A TEAM OF GIRLS WITH LIKE-MINDED GOALS.



**Multi-class discount**  
**\$10 OFF EACH ADDITIONAL GYM CLASS FOR AN INDIVIDUAL STUDENT**



Gymnastics is the foundation for all sports & fitness. ABK offers the best quality gymnastics training classes for all children- preschoolers, beginners to advanced! Our gymnastics program offers options for classes, private lessons, camps, clinics & more!

**abkfun.com/gymnastics**

# Karate



**offered at abk & court house fitness**

## little dragons

**AGES 4 - 6 YEARS**

30 min class  
1x weekly: \$60/month  
2x weekly: \$80/month

**START WITH AN INTRO**  
\$19.95 includes intro  
class & gi (uniform)



## juniors

**AGES 6 - 12 YEARS**

45 min class

**BASIC PROGRAM:**  
Train 2x per week  
Choose your studio:  
ABK or Court House

**BLACK BELT CLUB:**  
Unlimited training  
15% equipment discount  
Train at both studios

**START WITH AN INTRO**  
\$19.95 includes  
2 private lessons  
& gi (uniform)



## teen & adult

**AGES 13+ YEARS**

45 min class

**BASIC PROGRAM:**  
Train 2x per week  
Choose your studio:  
ABK or Court House

**BLACK BELT CLUB:**  
Unlimited training  
15% equipment discount  
Train at both studios

**START WITH AN INTRO**  
\$19.95 includes  
2 private lessons  
& gi (uniform)



The foundation of ABK Karate is Tae Kwon Do, one of the most effective means of self-defense, works wonders for your physical & mental well-being. Students discover self-discipline, confidence & self-esteem. Students also have the opportunity to train using a variety of Japanese weapons!

**abkfun.com/karate**

# swim



## minnow & me

**AGES 3 MOS - 3 YRS**

Minnnows learn to enter the water, submerge, glide, roll over & float assisted/ unassisted.

Our mission is swim safety!

\*Parent participation

30 minute class

1x week: \$69 monthly

ANNUAL REGISTRATION FEE REQUIRED \$30/STUDENT OR \$60/FAMILY. PRICING IS ONGOING MONTHLY UNTIL WRITTEN CANCELLATION NOTICE IS RECEIVED A FULL CALENDAR MONTH NOTICE IN ADVANCE.



## dolphin 1 & 2

**AGES 3 YRS - 5 YRS**

Dolphins learn survival swim skills, comfortability in the water, intro to swim strokes, submerging & recovery of breath.

Our mission is swim safety!

30 minute class

1x week: \$71 monthly



## shark 1, 2, 3 & 4

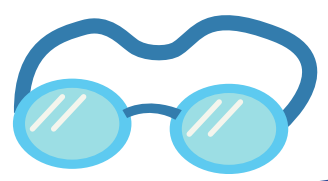
**AGES 5 YRS +**

Whether experienced swimmers or first time in the water- Sharks learn swim safety, incorporate swim strokes & bilateral breathing. Depending on experience, Sharks will be placed into Shark 1, 2 or 3/4.

30 minute class

1x week: \$71 monthly

**PRIVATE LESSONS ARE OFFERED ON REQUEST ONLY \$55 PER 30 MINUTE LESSON**



**multi-class discount**  
\$5 OFF EACH ADDITIONAL SWIM CLASS FOR AN INDIVIDUAL STUDENT

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 & the warm 90 degree water allows children to focus comfortably on swimming. With a low student-to-teacher class ratio, ABK offers a safe & positive learning environment!

**abkfun.com/swim**



# enrichment

## preschool & jr. kindergarten

ABK Preschool & Jr. Kindergarten 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 towards their goals.

Ages 3-5 \*potty trained\*



MATERIALS FEES/NON-REFUNDABLE DEPOSIT:  
\$150/STUDENT ANNUAL  
REGISTRATION FEE:  
\$30/STUDENT OR  
\$60/FAMILY



### monthly tuition rates

3 DAYS: \$405 4 DAYS: \$495 5 DAYS: \$595

### classroom hours

MONDAY - FRIDAY 8:30AM - 12:30PM

### court house fitness

709 N PHOENIX ROAD, MEDFORD, OR

### america's best kids

1914 SKY PARK DRIVE, MEDFORD, OR



Schedule a tour & meet your teachers

Ms. Rhiannon  
rnelsen@abkfun.com



[abkfun.com/preschool](http://abkfun.com/preschool)

# enrichment

## after school care



Our schedule for After School Care is designed to provide students with flexibility, free choice, individual & group based activities, indoor & outdoor opportunities for students to use both large & small muscles in a structured environment & direct supervision with our staff. We offer assistance with homework in various subjects in a fun & encouraging environment.

Ages 5-12

hours

**MONDAY - FRIDAY**  
**2:45PM - 6:00PM**

### monthly tuition rates

**2026/27 SCHOOL YEAR**  
3 DAYS: \$270 4 DAYS: \$340 5 DAYS: \$400

EARLY RELEASE INCLUDED IN TUITION IF IT'S A REGULARLY SCHEDULED DAY FOR YOUR CHILD

TUITION BASED ON NINE PAYMENTS FROM SEPTEMBER TO MAY. NO MONTHLY TUITION IS CHARGED IN JUNE. TUITION DOES NOT INCLUDE THANKSGIVING, CHRISTMAS OR SPRING BREAK VACATIONS PER THE MEDFORD 549C SCHOOL DISTRICT CALENDAR. ASK US FOR MORE INFO ON CAMPS DURING SCHOOL BREAKS. PRORATED TUITION IS CHARGED FOR MID-YEAR STARTS.

MATERIALS FEE/NON-REFUNDABLE DEPOSIT: \$100/STUDENT. ANNUAL REGISTRATION FEE: \$30/STUDENT OR \$60/FAMILY

### transportation

**\$60 MONTHLY**  
PROVIDED TO ABK FROM ABRAHAM LINCOLN, HOOVER & LONE PINE ELEMENTARY SCHOOLS.

NO FEES FOR KENNEDY STUDENTS AS THEY ARE DROPPED OFF BY THE SCHOOL BUS IN FRONT OF ABK. \*CONTACT FIRST STUDENT TO ENROLL



Schedule a tour today

Mr. Jordan  
jspark@abkfun.com

Ms. Rhiannon  
rnelsen@abkfun.com



**abkfun.com/after-school**

# birthdays & events

## open gym

During open gym students have unstructured but supervised gym time that allows them to explore different areas of the gym & have free time to practice their skills or just have fun!

Fridays @ 7 - 8 PM  
Saturdays @ 12 - 1 PM

Preschool Open Gym  
Wednesdays @ 12 - 1 PM

\*no preschool open gym during summer

## open swim

During open swim students have unstructured but supervised time in the pool to practice their skills or just have fun!

Fridays @ 7 - 8 PM  
Saturdays @ 12 - 1 PM



## event rentals

@ Court House Fitness

Our conference room & bar/cafe is the perfect spot for your next event. We have the space for small groups to large groups. Whether it's a birthday, baby shower, company gatherings or graduation parties. We can do it all!

MORE INFO @  
[CHFIT.COM/RENTALS](http://CHFIT.COM/RENTALS)

## parties @ abk

### GYM, SWIM, KARATE

#### 90 MINUTE PARTY

Includes 45 min of activities & 45 min of shared party space. Pricing varies depending on number of participants.

Private party rooms available upon availability & special request!

#### MEGA PARTY

3 HOUR PARTY

Includes 1 hour gym, 1 hour swim & 1 hour private party room. Booking upon request only.

MORE INFO @  
[ABKFUN.COM/PARTIES](http://ABKFUN.COM/PARTIES)

## parties @ court house

### BASKETBALL, SOCCER, VOLLEYBALL, FOOTBALL

#### 1.5 HOUR PARTY

Includes 45 min court time with activity of choice & 45 min in the party room!

#### 2 HOUR PARTY

Includes 1 hour court time with activity of choice & 1 hour in the party room!

#### 3 HOUR PARTY

Includes 1.5 hour court time with activity of choice & 1.5 hour in the party room!

MORE INFO @  
[CHFIT.COM/PARTIES](http://CHFIT.COM/PARTIES)

## parents night out

Take the night off! Parents Night Out is the perfect time to catch a movie, go out to dinner or just let your kiddos use up some energy. Drop your kids off- we feed them dinner, do activities & you pick them up ready for bed!

MORE INFO @  
[ABKFUN.COM/PNO](http://ABKFUN.COM/PNO)

## field trips

Our facility is a great place for students to have fun, learn & explore new activities in a safe environment!

MORE INFO @  
[ABKFUN.COM/FIELD-TRIPS](http://ABKFUN.COM/FIELD-TRIPS)



## court rentals

@ Court House Fitness

We have 3 fully equipped basketball courts that can be rented for a multitude of uses. Whether it's for a team practice, family use or individual use. Prices start at \$40/hr for half court & \$70/hr for full court. Pricing can vary depending on time of day.

MORE INFO @  
[CHFIT.COM/RENTALS](http://CHFIT.COM/RENTALS)



# **BASKETBALL ACADEMY**

**OUR NEWLY RESTRUCTURED BASKETBALL PROGRAM SUPPORTS PLAYERS FROM THEIR FIRST INTRODUCTION TO THE SPORT THROUGH ADVANCED COMPETITIVE PLAY, WITH EACH LEVEL TAILORED TO MEET ATHLETES WHERE THEY ARE. CLASSES FOLLOW A STRUCTURED SKILL ROTATION COVERING FUNDAMENTALS TO ADVANCED CONCEPTS & SKILL TESTING EVERY THREE MONTHS GIVES PLAYERS THE CHANCE TO ADVANCE TO HIGHER LEVELS. THIS PROGRESSIVE STRUCTURE ENSURES ATHLETES ARE CONTINUALLY CHALLENGED, MOTIVATED & RECOGNIZED FOR THEIR GROWTH.**

## **LIL DRIBBLER**

**AGES 4-5 YEARS OLD**

A PLAYFUL, BEGINNER-FRIENDLY CLASS INTRODUCING THE BASICS OF BASKETBALL THROUGH FUN GAMES & SIMPLE SKILLS!

**30 MIN CLASS  
\$55 MONTHLY\*  
\$18 DROP IN CLASS\***

## **ROOKIE**

**AGES 6+ YEARS OLD**

BUILDS CONFIDENCE & FUNDAMENTAL SKILLS FOR PLAYERS WITH LITTLE TO SOME EXPERIENCE ON THE BASKETBALL COURT!

**45 MIN CLASS  
\$65 MONTHLY\*  
\$21 DROP IN CLASS\***

## **STARTER**

**EVAL REQUIRED**

FOCUSED SKILL-BUILDING FOR DEVELOPING PLAYERS, INTRODUCING MORE GAME-LIKE DRILLS & TEAMWORK CONCEPTS!

**45 MIN CLASS  
\$75 MONTHLY\*  
\$23 DROP IN CLASS\***

## **ALL-STAR**

**EVAL REQUIRED**

ENHANCES SKILLS, BOOSTS GAME READINESS & DEVELOPS COMPETITIVE PLAY THROUGH ADVANCED DRILLS & TEAMWORK!

**45 MIN CLASS  
\$85 MONTHLY\*  
\$26 DROP IN CLASS\***

## **MVP**

**EVAL REQUIRED**

HIGH-INTENSITY TRAINING FOR EXPERIENCED PLAYERS READY TO REFINE SKILLS, STRATEGY, AND PERFORMANCE UNDER GAME CONDITIONS!

**60 MIN CLASS  
\$95 MONTHLY\*  
\$29 DROP IN CLASS\***

\*RECURRING MONTHLY CLASSES ARE ONGOING MONTHLY UNTIL A WRITTEN CANCELLATION NOTICE IS RECEIVED A FULL CALENDAR MONTH IN ADVANCE. IN MOST CASES, THE FOLLOWING MONTH WILL BE FINAL MONTH OF BILLING. DROP IN CLASSES ARE NOT RECURRING & SUBJECT TO SPACE AVAILABILITY. DROP IN CLASSES MUST BE SCHEDULED WITH A STAFF MEMBER OR BASKETBALL COACH TO ENSURE SPACE IS AVAILABLE. DROP IN RATE DUE AT TIME OF REGISTRATION & IS NON-REFUNDABLE.

# **CHFIT.COM/BASKETBALL**



# **CH** | **S.A.Q.** **SPEED. AGILITY. QUICKNESS.**

**OUR S.A.Q. (SPEED, AGILITY, QUICKNESS) PROGRAM IS DESIGNED TO ASSIST ATHLETES IN ALL SPORTS WITH THEIR FOOTWORK, EXPLOSIVENESS, TECHNIQUE, COORDINATION & MORE! WHETHER THEY'RE A SEASONED ATHLETE OR NEW TO SPORTS- THE SKILLS THEY GAIN IN S.A.Q. WILL HELP THEM EXCEL IN THEIR ATHLETIC CAREERS!**



## **BEGINNER**

**AGES 4-10 YEARS OLD**

**1X WEEK: \$60**

**2X WEEK: \$105**

**DROP IN: \$20**

## **INTERMEDIATE**

**AGES 9-17 YEARS OLD**

**1X WEEK: \$80**

**2X WEEK: \$140**

**DROP IN: \$30**

PRICING IS ONGOING MONTHLY UNTIL WRITTEN CANCELLATION NOTICE IS RECEIVED A FULL CALENDAR MONTH NOTICE IN ADVANCE.

**CHFIT.COM//ATHLETE**



# COURT HOUSE FITNESS

**COURT HOUSE FITNESS IS SOUTHERN OREGON'S PREMIER FAMILY FITNESS CENTER! WE HAVE SOMETHING FOR EVERYBODY! WHETHER YOU'RE A RUNNER, POWER LIFTER, BODY BUILDER, CROSSFITTER, OR JUST TRYING TO GET INTO THE GYM- WE'RE A GREAT PLACE TO BE!**



## PROGRAMS, EQUIPMENT & AMENITIES

LOCKER ROOMS W JACUZZI & SAUNA  
 CARDIO & STRENGTH EQUIPMENT  
 10K BASKETBALL SHOOTING GUN\*  
 CABLE RESISTANCE EQUIPMENT  
 INFINITY RIGS & SQUAT RACKS  
 BASKETBALL & SAQ CLASSES\*  
 GROUP FITNESS CLASSES  
 24/7 ACCESS TO ATHLETIC EDGE @ 1904 SKY PARK DRIVE

BOXING RIG  
 \*CHILD CARE  
 \*SPORTS CAFE & BAR  
 \*PERSONAL TRAINING  
 3 BASKETBALL COURTS  
 \*STYKU BODY SCANNER  
 \*SUPPLEMENTS & SMOOTHIES

\*ADDITIONAL FEES AND/OR RESTRICTIONS MAY APPLY.

## MONTHLY PRICING

INDIVIDUAL:	\$38
TWO-PERSON:	\$65
FAMILY (3 OR 4):	\$88
5TH MEMBER & ON:	\$10

TWO PERSON & FAMILY MEMBERSHIP IS FOR HEAD OF HOUSEHOLD AND/OR SIGNIFICANT OTHER AND THEIR MINOR CHILDREN UNDER 18 YEARS OF AGE. MUST RESIDE IN THE SAME RESIDENCE. MAX OF 2 ADULTS.

## DUE @ SIGNUP

**FIRST MONTH PRORATE +  
 FINAL MONTH DEPOSIT +  
 \$10 KEY FOB PER MEMBER**

PRICING LISTED IS AUTOPAY PRICING. ADDITIONAL \$5 MONTHLY FEE FOR NON-AUTOMATIC PAYMENTS. ADDITIONAL FEES AND/OR RESTRICTIONS MAY APPLY.

# GUEST PASSES

- PERMITTED DURING STAFFED HOURS ONLY
- MUST CHECK IN AT FRONT DESK EACH VISIT
- LIABILITY WAIVER REQUIRED
- FIRST VISIT FREE
- RETURNING VISITS \$10
- WEEK & MONTH OPTIONS AVAILABLE



# GROUP FITNESS

OUR GROUP CLASSES ARE FREE FOR MEMBERS & \$10 FOR GUESTS. WE OFFER PILATES, CIRCUIT TRAINING, CYCLE, YOGA, ABS, HIIT TRAINING, ZUMBA & MORE! FIND OUR CLASS SCHEDULE & MORE INFORMATION @ [CHFIT.COM/CLASSES](http://CHFIT.COM/CLASSES)



# SPORTS BAR & CAFE

OPEN AT NOON 7 DAYS A WEEK!

LOCATED UPSTAIRS AT COURT HOUSE FITNESS!  
GRAB YOUR WORKOUT PARTNER AFTER YOUR WORKOUT OR BRING YOUR LAPTOP TO GET SOME WORK DONE. YOU CAN ENJOY A DRINK & SOME FOOD!

8 BEERS, WINES & CIDERS ON ROTATION!

# CHFIT.COM



# KIDS CAVE CHILD CARE

DROP YOUR KIDDO OFF WHILE YOU WORKOUT!

**HOURS**  
MON - FRI : 8:45AM - 11:45AM  
MON - THUR : 4:00PM - 7:00PM

**PRICING**  
DROP IN: \$5/HOUR  
10 HOUR PASS: \$40

**AGES 6 MOS - 6 YRS**  
NO RESERVATIONS REQUIRED  
MIN 1 HOUR, MAX 2 HOURS  
CHILDREN OF MEMBERS ONLY  
BOTTLES ONLY, NO FOOD  
PARENT CHANGES DIAPERS  
PARENT REQUIRED TO STAY ON SIGHT

**CHILDREN CAN JOIN THE MEMBERSHIPS STARTING AT 7 YEARS OLD!**

FULL AGE RESTRICTIONS CAN BE FOUND @ [CHFIT.COM](http://CHFIT.COM)



# 10K BASKETBALL SHOOTING MACHINE

TRACK YOUR SHOTS, USE PROGRAMMED DRILLS, SPOT-TO-SPOT SHOOTING & ARCH INCREASE, TIMING DEVICE & SHOOTING ACCURACY & MORE!  
**\$10 PER 30 MIN / \$30 MONTHLY**



**Athletic  
Edge**



# **ATHLETIC EDGE**

## **MONTHLY PRICING**

<b>INDIVIDUAL:</b>	<b>\$20</b>
<b>TWO-PERSON:</b>	<b>\$40</b>
<b>FAMILY (3 OR 4):</b>	<b>\$60</b>
<b>5TH MEMBER &amp; ON:</b>	<b>\$10</b>

**FIRST MONTH DUES & \$10 KEY FOB  
DUE AT THE TIME OF SIGNUP**

**MUST BE AT LEAST 10 YEARS OLD TO BE A MEMBER & AT  
LEAST 14 YEARS OLD TO WORKOUT WITHOUT A GUARDIAN.  
PRICING LISTED IS AUTOPAY PRICING. ADDITIONAL \$5  
MONTHLY FEE FOR NON-AUTOMATIC PAYMENTS.  
ADDITIONAL FEES AND/OR RESTRICTIONS MAY APPLY.**

## **GUEST PASSES**

**YOUR FIRST VISIT IS FREE!  
RETURNING GUESTS \$10**

**GUESTS PERMITTED DURING STAFFED  
HOURS ONLY & MUST CHECK IN WITH  
STAFF. LIABILITY WAIVER REQUIRED.**

**ATHLETIC EDGE IS SOUTHERN OREGON'S  
GO-TO 24 HOUR GYM FACILITY! OUR  
COMMUNITY AT ATHLETIC EDGE IS A  
WELCOME ENVIRONMENT WHERE OUR  
MEMBERS PUSH EACH OTHER TO BE  
THEIR BEST! WITH PLENTY OF CARDIO  
EQUIPMENT, CABLE RESISTANCE  
MACHINES, INFINITY RIGS, OLYMPIC  
LIFTING PLATFORMS, A MARTIAL ARTS  
RIG & SO MUCH MORE, YOU'RE BOUND TO  
FIND WHAT'S RIGHT FOR YOU!**



# PERSONAL TRAINING

## @ COURT HOUSE FITNESS & ATHLETIC EDGE

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 NON-MEMBER	\$40 MEMBER \$60 NON-MEMBER	<b>MEASURE RESULTS WITH STYKU!</b> STYKU RECREATES YOUR BODY IN 3D & SHOWS YOU HOW YOUR SHAPE IS CHANGING OVER TIME. SCANS WILL CALCULATE WAIST, HIP, THIGH MEASUREMENTS, BODY FAT % & MORE WITH MEDICAL-GRADE PRECISION. SEE FAT LOSS, CALORIES BURNED & ACTIVITY LEVELS OVER TIME!	
5 SESSIONS 30 MINUTES 1 STYKU SCAN	\$140 MEMBER \$190 NON-MEMBER	\$190 MEMBER \$290 NON-MEMBER		
10 SESSIONS 30 MINUTES 2 STYKU SCANS	\$260 MEMBER \$360 NON-MEMBER	\$350 MEMBER \$550 NON-MEMBER	<b>SINGLE SCAN</b> \$15 MEMBER / \$20 NON-MEMBER <b>3-PACK SCANS</b> \$40 MEMBER / \$55 NON-MEMBER	
1 SESSION 60 MINUTES	\$50 MEMBER \$60 NON-MEMBER	\$60 MEMBER \$80 NON-MEMBER	\$70 MEMBER \$100 NON-MEMBER	\$80 MEMBER \$120 NON-MEMBER
5 SESSIONS 60 MINUTES 1 STYKU SCAN	\$225 MEMBER \$275 NON-MEMBER	\$275 MEMBER \$375 NON-MEMBER	\$325 MEMBER \$475 NON-MEMBER	\$375 MEMBER \$575 NON-MEMBER
10 SESSIONS 60 MINUTES 2 STYKU SCANS	\$400 MEMBER \$500 NON-MEMBER	\$500 MEMBER \$700 NON-MEMBER	\$650 MEMBER \$950 NON-MEMBER	\$700 MEMBER \$1100 NON-MEMBER



AVAILABLE DURING STAFFED HOURS  
\*NON-REFUNDABLE

# BASKETBALL TRAINING

PRICING IS TOTAL PAID-IN-FULL GROUP PRICING FOR ALL PARTICIPANTS	SINGLE	2 PEOPLE	3+ PEOPLE
30 MINUTES	\$30 MEMBER \$40 NON-MEMBER	\$40 MEMBER \$60 NON-MEMBER	N/A
60 MINUTES	\$50 MEMBER \$60 NON-MEMBER	\$60 MEMBER \$80 NON-MEMBER	\$80 MEMBER \$120 NON-MEMBER

SUBMIT AN INQUIRY @ [CHFIT.COM/PERSONAL-TRAINING](http://CHFIT.COM/PERSONAL-TRAINING)

# americas best kids

## sports and learning center

*“The karate program for the last 4 years has been simply amazing. The influence & support from Master O’Connor & 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*

*“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*

*“My children are treated as valued members of ABK. All of the coaches & 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*



*“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*

*“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 lifechanging! 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 & Karla Rothfus*

*“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*

## cancellation policy

One calendar month notice in writing is required for cancellation of a class or membership. Notice must be given prior to the first of the month to cancel for the end of the following month. In most cases, next month is your final billed month.

Cancellation policy is not applicable for session or contract based programs. Cancellation forms can be found at [abkfun.com](http://abkfun.com) or [chfit.com](http://chfit.com) under ‘Contact Us’