

abk inc.

3 facilities with endless possibilities for fun, fitness & learning



☎ 541.245.0432

abkfun.com • 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

Baby & Me	0 months - 2 years
Gymnastics	2 years - Teen
Swim	3 mos - 12 yrs
Karate	4 yrs - Adult
Preschool	^{*potty-trained} 3 yrs - 5 yrs
Afterschool Care	5 yrs - 12 yrs
Basketball	4 yrs - 17 yrs
Court House	7yrs - Adult
Athletic Edge	10 yrs - Adult

gymnastics & ninja

preschool

TUMBLE WEEDS 2 - 3 years *parent participation	\$69
TUMBLE TOTS 3 - 4.5 years	\$74
GIRLS GYM KIDS 4.5 - 6 years	\$74
BOYS NINJA KIDS 4.5 - 6.5 years	\$74

recreational

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

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.

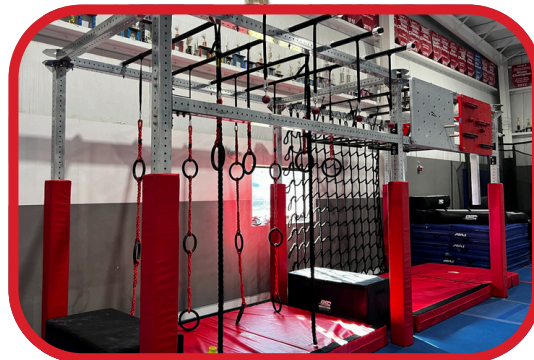
RECREATIONAL GYMNASTICS CLASSES OFFER 50 MINUTES OF SKILL PROGRESSIONS ON BARS, BEAM, FLOOR, & VAULT IN THE FORM OF ROUTINES WHICH ARE THEN SHOWCASED DURING MINI OLYMPICS SEVERAL TIMES A YEAR. EACH ATHLETE WILL LEARN QUALITY GYMNASTICS TRAINING & OBTAIN SKILLS THAT WILL BENEFIT THEIR OVERALL ATHLETICISM.

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 STRIVES FOR EXCELLENCE BY DEVELOPING GREAT GYMNASTICS THROUGH PROGRESSION, STRONG TECHNIQUE, & PURPOSEFUL COACHING. WE FOSTER A POSITIVE, SUPPORTIVE TEAM CULTURE WHERE EVERY ATHLETE IS CHALLENGED, ENCOURAGED, & GIVEN THE TOOLS TO REACH THEIR GREATEST POTENTIAL, BOTH IN GYMNASTICS & IN LIFE.



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

baby & me

mommy & me yoga

**Parent participation*

A supportive class combining postpartum yoga and gentle movement for moms while babies are included through bonding, play, and interaction in a calming, welcoming space.

moms & minis pilates

**Parent participation*

A Mat Pilates-based strength class for moms focused on postpartum core, posture, and full-body conditioning while keeping little ones close in a flexible, family-friendly environment.



drop-ins

\$18 per class

Drop-in's must be booked online in advance. Drop-in's are charged immediately & are non-refundable.

monthly

\$66 per month

Monthly pricing is ongoing monthly until written cancellation notice is received a full calendar month notice in advance.

*Annual Registration Fee Required
\$30/student or \$60/family*

caterpillars

6-12 MONTHS

**Parent participation*

A gentle class for infants and their parents focused on bonding, early motor skills, and sensory exploration through music, movement, and light stretching in a nurturing environment.

inchworms

1-2 YEARS

**Parent participation*

A playful developmental class supporting growing babies as they work toward key milestones through music, movement, and sensory play that builds coordination, strength, and confidence.



A Parent & Baby Wellness Program designed to support early development, movement & meaningful connection between parents & their little ones. Through gentle exercise, sensory play, music & bonding-based activities, this program helps support motor skills, strength & postpartum recovery in a welcoming & supportive environment. It's a space for parents and babies to grow, move, & connect together during those important early months.

abkfun.com/baby-me



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

Minnows 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

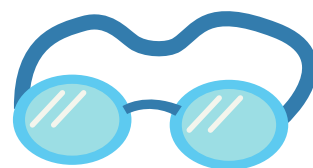
shark 1, 2, 3 & 4

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

ABK: Ms. Rhiannon
rnelsen@abkfun.com

CH: Mr. Vinny
vberetta@abkfun.com



abkfun.com/preschool

enrichment afterschool 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

**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

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

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

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

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



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



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



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:	\$42
TWO-PERSON:	\$72
FAMILY (3 OR 4):	\$98
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



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



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

INDIVIDUAL:	\$20
TWO-PERSON:	\$40
FAMILY (3 OR 4):	\$60
5TH MEMBER & ON:	\$10

**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.**

**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!**

GUEST PASSES

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

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



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 60 MINUTES	\$65 MEMBER \$75 NON-MEMBER	\$75 MEMBER \$95 NON-MEMBER	\$85 MEMBER \$115 NON-MEMBER	\$100 MEMBER \$140 NON-MEMBER
10 SESSIONS 60 MINUTES 2 STYKU SCANS	\$550 MEMBER \$650 NON-MEMBER	INTRO OFFER WHETHER YOU'RE NEW TO PERSONAL TRAINING OR READY TO TAKE YOUR ROUTINE TO THE NEXT LEVEL, THIS IS A GREAT WAY TO GET STARTED! \$150 OFFER INCLUDES 5-PACK: 30 MIN SESSION & ONE STYKU BODY SCAN LIMIT 1 USE PER PERSON. NON-REFUNDABLE. CURRENT MEMBERS ONLY		
1 SESSION 30 MINUTES	\$44 MEMBER \$54 NON-MEMBER			
10 SESSIONS 30 MINUTES 2 STYKU SCANS	\$360 MEMBER \$460 NON-MEMBER			

MEASURE YOUR RESULTS

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!

SINGLE SCAN

\$15 MEMBER

\$20 NON-MEMBER

3-PACK SCANS

\$40 MEMBER

\$55 NON-MEMBER



*NON-REFUNDABLE
AVAILABLE DURING
STAFFED HOURS

BASKETBALL TRAINING

PRICING IS TOTAL PAID-IN-FULL GROUP PRICING FOR ALL PARTICIPANTS	SINGLE	2 PEOPLE	3+ PEOPLE
60 MINUTES	\$65 MEMBER \$75 NON-MEMBER	\$75 MEMBER \$95 NON-MEMBER	\$85-100 MEMBER \$115-140 NON-MEMBER
30 MINUTES	\$44 MEMBER \$54 NON-MEMBER	N/A	N/A

SUBMIT AN INQUIRY @ 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 or chfit.com under 'Contact Us'