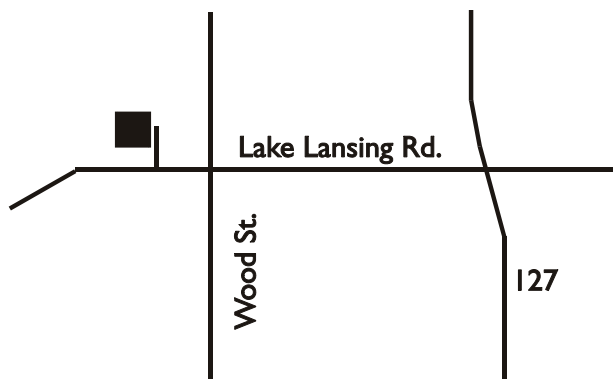


With growing concerns of childhood obesity, keeping kids active is the worry of many parents. Keeping it on the minds of kids is a bigger challenge. Court One Athletic Clubs Youth 4 life is on the right track with exercise activities. This is a hot new exercise concept that combines video technology with calorie-burning workouts. This concept is said to be "The Next Generation in Fitness for Kids." Court One's virtual reality-inspired workouts are geared with the interests of children ages 3 to 12. Video monitors are wired to fitness equipment, making the experience both mentally and physically interactive. Kids can race bikes through mountainous landscapes and sharpen eye-hand coordination with hand-to-hand virtual pro sporting events. Court One Youth 4 Life also offers a large climbing area where kids can run through alligator ally, crawl through caves, balance on wobble hoppers and much more... all under the supervision of Court One staff!



Court One North

1609 Lake Lansing Rd · Lansing, MI 48912

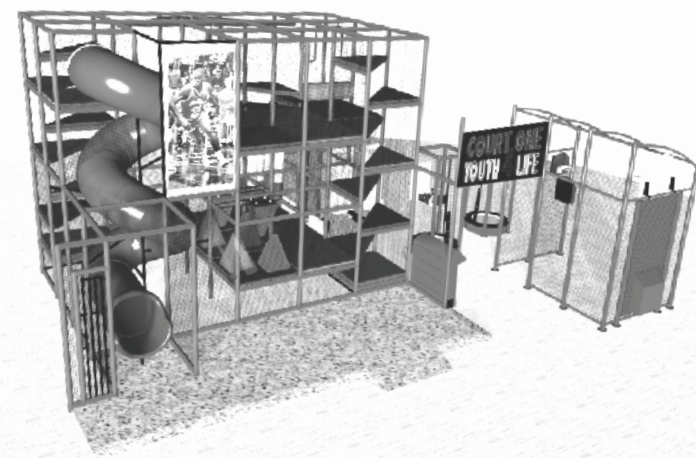
517-372-9531

(one mile west of Eastwood Town Center)

For more information or to set up a party contact Amanda Landin at 372-9531

COURT ONE
ATHLETIC CLUBS
For The *Personal Touch*

Court One
Athletic Clubs
presents
Court One North's
YOUTH 4 LIFE



www.courtone.com

Court One Athletic Clubs - North is proud to offer the new

YOUTH 4 LIFE

The Court One Youth 4 life is the place to play for kids 3-12 years of age.

The Court One Youth 4 Life has

- Alligator Alley
- Cave Crawl
- Criss Cross
- Fun Forest
- Jump Pod
- Ride Ranger
- Spiral Slide
- Skate Ranger
- Wall of Wii
- Wobble Hopper
- and much more

Parents may leave their children to play while they exercise or relax! Youth 4 life will be supervised by Court One Staff during hours of operation.



Hours of Operation

Monday - Friday 12:00noon -8:00pm
Saturday & Sunday 10:00am -2:00pm

Tot Time

(children ages 2-5 years olds)

Available upon request

Birthday Party Time

Saturday & Sundays 2:30pm -7:30pm

Prices (per child)

Members : \$3.99 per hour

Nonmembers: \$4.99 per hour

Children play while parents relax or workout at Court One.

Fitness areas include:

- Aerobics
- Basketball
- Cardio Equipment
- Free weights
- Massage
- Tennis
- Weight training

Birthday Parties

Court One Youth 4 life is available to rent for parties.

Court One will supply

- Exclusive use of Youth 4 Life
- Tables and Chairs
- Clean-up & trash pick up
- bottle water

You bring:

- Decorations
- Cake & candles
- Food and snack

Additional options:

- Court One Party helper and use of Wii center
- Table cloths, paper towels, plates, cups and forks
- Pizza and or subs
- Assorted beverages

Pricing (2 hour parties)

Up to 10 children \$129

*Additional \$10 per child over group of 10.

Up to 20 children \$239

*Additional \$9 per child over group