



Birthday Parties at THE GYM

Thank you for considering The Gym for your child's birthday party. We offer Sports Specific, Youth Fitness, Color War, Yoga and individually created parties. All parties are staffed with an energetic and experienced staff. We are eager to celebrate your child's birthday.

PARTIES INCLUDE:

- 1 ½ hours of fun and activities
- Theme and equipment designed specifically for your party
- One Party at a time
- 1 staff member for every 5-7 kids
- Child appropriate tables and chairs

PACKAGE

\$400 for the first 10 children and \$20 for each additional child.

Youth Fitness

Let our instructors get the birthday child and friends moving and sweating with a general fitness class working on cardio, core, balance and movement.

Sport Specific

Instruction, play or a combination of your child's favorite sport. Can include team competition with a scoreboard, announcer and prizes.

Yoga

Our experienced yoga instructors will work with your children to tailor a youth friendly yoga class for your birthday child.

Color War

Create that camp competition experience with obstacle course races, dodgeball, capture the flag games, baseball home run hitting contests, basketball competitions and other creative activities.

Martial Arts

Let Rising Phoenix Martial Arts and Fitness create the ultimate karate party. Break boards, throw punches and kicks and play martial arts games like a ninja on your birthday.

WE ARE HAPPY TO CREATE YOUR OWN UNIQUE PARTY.
914-219-1616





Birthday Parties at THE GYM

Thank you for considering The Gym for your child's birthday party. In addition to offering Sports Specific, Youth Fitness, Color War, Yoga and Martial Arts themed parties, we can individually create your party to fit your child's dreams. All parties are staffed with an energetic and experienced staff. We are eager to celebrate your child's birthday.

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