



Exercises for the Under-18 Set

Fit To Be Tried

By **GABRIELLE BIRKNER**, Special to the Sun | September 8, 2008

<http://www.nysun.com/health-fitness/exercises-for-the-under-18-set/85368/>

Kids Fitness NYC

About three years ago, after fielding a number of calls from parents worried about their children's weight, personal trainer Elle Shindler decided to devote herself to training children and teenagers, teaching them in small-group exercise classes at gyms, city parks, and in private homes. "A lot of children were starting school early and ending very late," she said. "Between school and television, computers and Game Boys, they didn't have an outlet for exercise."

Today, Ms. Shindler and her team of instructors train some 150 clients ages 7 to 17, working with them to assess their fitness levels and goals, and to develop age-appropriate exercise regimens that take into account youngsters' preferences. Sessions may include hopping in a potato sack, jumping rope, and variations on yoga and Pilates exercises.

For more information, call 212-396-3478 or visit kidsfitnessnyc.com. Personal training sessions, \$85 a child; home-or gym-based group sessions, \$30 a child, with a minimum of five children.