

# FITNESS 4 KIDS SCHEDULE

JANUARY 2019



## NEW KID'S KICKBOXING

Wednesdays

5:30-6:30pm

Richard



Ages 8-12. Provides a full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a boxing fitness experience.

## CORE BLASTER

Thursdays

5:00-5:45pm

Katie



Ages 8-14. A 45 min workout that works the torso & muscles that connect your upper body to your lower body. It will strengthen your core muscles, while improving functional strength.

## TNT FITNESS

Thursdays

6:30-7:30pm

Saturdays

9:00-10:00am



Fees:

\$50 (3 training sessions)

The TNT Fitness Passport is designed for ages 11-13 to use the Fitness Center. TNT users must complete training with a fitness professional. 11 & 12 year olds will need to be accompanied by a parent; 13 year olds can use the fitness center.

## KIDS ZUMBA

Thursdays

5:15-6:00pm

Liz



Ages 8-13. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

## KID FIT

Saturdays

10:30-11:30am

Amy



Ages 6-10. General Physical Preparedness (GPP). Non-weight bearing exercises. Gorilla Hurdles, Shuttle Run, Frog Hops, Pull-Ups, Agility Ladders, Speed Cones, BodyWeight Squats, Handstands, Wobble Boards, Planking, Overhead Squats, Quick Feet Drills, Group Stretching, Physio Ball, Core Strength Development.

### LOCATION



Fitness Center



Yoga-Pilates Studio



Zone AB

### FEES

Member: \$20/month per class  
Non-Member: \$30/month per class